



POACHED EGGS

PREP TIME: 2 minutes

SERVING SIZE: 1 egg

COOK TIME: 1-2 minutes

SERVES: 1

INGREDIENTS

- 1/8 teaspoon white vinegar
- 1/3 cup water
- 1 large egg
- 1/8 teaspoon white vinegar
- 1/3 cup water
- 1 pinch pepper and salt
- 1 toothpick
- 1 sheet plastic wrap

PREPARATION

1. Add water and vinegar to a microwave safe small bowl or mug.
2. Crack eggs into the bowl or mug and pierce the egg yolk with a toothpick
3. Cover dish with plastic wrap.
4. Place in microwave and heat on high for 45 sec -1 minute or until desired doneness. You may need to add more cook time for your taste preference.
5. Once done, quickly remove egg from hot water using a spoon.
6. Serve with salt and pepper to taste.

SOURCE

www.geniuskitchen.com

Recipe modified by CHOICES Nutrition Education Program

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www.centraltexasfoodbank.org/recipes



Nutrition Facts

servings per container	
Serving size	1 egg
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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PLÁTANO EN UNA MANTA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 blanket

TIEMPO PARA COCINAR: x minutos

PORCIONES: 1

INGREDIENTES

- ½ (6 pulgadas) tortilla de trigo integral
- 1 cucharada mantequilla de cacahuete reducida de grasa
- ½ plátano mediano
- 1 cucharadita jarabe de arce o miel
- 1 cucharada cereal crujiente de pepita de nuez o granola

PREPARACIÓN

1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.
3. *Opcional:* Adornar encima con más cereal.

FUENTE (O ADAPTADA DE)

fruitsandveggiesmorematters.org

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas! www.central



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