

# Make Ahead Microwave Breakfast Scrambles

Make Ahead Microwave Breakfast Scrambles make a fast, easy, and healthy breakfast when you're short on time!



4.69 from 16 votes

Prep Time	Cook Time	Total Time
10 mins	1 min	11 mins

Course: Breakfast Cuisine: American

Total Cost: \$3.93 recipe / \$0.98 serving Servings: 4

## Ingredients

- 2 oz. ham, diced \$1.00
- 1/2 cup diced bell pepper \$0.44
- 1/4 cup diced onion \$0.08
- 1/2 cup shredded sharp cheddar \$0.50
- 2 tsp butter \$0.09
- 1/2 tsp seasoning salt \$0.05
- 8 large eggs \$1.77

## Instructions

1. Divide the ham, bell pepper, onion, and cheddar between four resealable containers\*. Cut the butter into 4, 1/2 teaspoon-sized pieces, and add one to each container. Sprinkle about 1/8 teaspoon seasoning salt into each container.
2. Seal the containers and store them for up to 4-5 days.
3. When you're ready to prepare a microwave breakfast scramble, pour the ingredients of the container into a ceramic mug, add two large eggs, and stir to combine.
4. Loosely cover the mug with a paper towel or another microwave-safe object and microwave on high power for 30 seconds. Stir the contents of the mug and microwave for 15 seconds more. Stir again and continue to microwave for 15 second intervals, stirring after each, until the eggs are mostly set, but still moist. Serve immediately.

See how we [calculate recipe costs here](https://www.budgetbytes.com/wprm_print/make-ahead-microwave-breakfast-scrambles#).



**Notes**

\*You can use any type of air-tight container to store these in the refrigerator, like jars or resealable plastic containers.

**Nutrition**

Serving: 1 Serving | Calories: 267.4kcal | Carbohydrates: 4.68g | Protein: 18.25g | Fat: 19.5g | Sodium: 609.48mg | Fiber: 0.5g

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