

Bologna Bowl

1. Line the bottom of a microwave safe bowl with 3 slices of bologna
2. Top that with 1 slice of American cheese (Kraft singles)
3. Crack 1 egg on top of that Season with salt and pepper, optional chili flakes
4. Microwave for 1-2 minutes depending on the strength of your microwave
5. Optional- add jalapeños, capers, cilantro, hot sauce, ketchup- my personal favourite is Cholula hot sauce
6. Wait for it to cool and enjoy a protein packed breakfast that takes less than 5 minutes from start to finish!