



Ready In  5 min. Serves  1

One-Mug Omelette

Ingredients

Oil, butter, or cooking spray *for greasing*

- 1 large egg
- 2 tablespoons low-fat milk or water
- Salt and black pepper *to taste*

Optional mix-ins, such as diced onion, bell pepper, tomatoes, cooked broccoli, fresh or frozen spinach, cheese

Directions

1. Grease a mug with cooking spray, oil, or butter.
2. In a bowl, use a fork to beat the egg, milk or water, salt, and pepper.
3. Mix in your choice of additions.
4. Pour the mixture into the mug.
5. Microwave for 1 minute. Check that egg is fully cooked and not wet. If it's still wet, microwave for an additional 30-60 seconds.



Nutrition Information per 1 cup serving:

Calories 104 Carbohydrates 2g Fiber <1g Protein 7g Total Fat 7g Sat. Fat 2g Sodium 85mg

Source: Leah's Pantry

Funded by USDA SNAP, an equal opportunity provider and employer.



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