

Microwave Omelet in a Mug

Total Servings: 1

Total Time: 10 minutes

Ingredients:

- 1 large egg
- 2 large egg whites
- 2 Tablespoons milk (fat-free)
- Pinch of black pepper
- ¼ cup spinach (fresh)
- 1 tablespoon red onion (finely chopped)
- 1 tablespoon bell pepper (finely chopped)
- 2 tablespoon tomatoes (diced)
- 1 tablespoon green onion (diced)
- Cooking spray



Directions:

1. Coat the inside of a 12 ounce (or larger) coffee mug with cooking spray.
2. Add eggs, egg whites, milk, and pepper to the mug.
3. Whisk together with a fork.
4. Stir in spinach, onion, bell pepper and tomatoes.
5. Place in microwave and cook on high for 1 minute. Continue cooking in 30 second intervals as to not overcook the eggs.
6. Remove the mug when eggs are puffy and set.
7. Top with green onions.