

One-Mug Omelet

Total time: 5 minutes. Serves: 1.

Ingredients:

Oil for greasing

1 Egg

2 tablespoons Milk low-fat or 2 tablespoons Water

Salt and pepper to taste

Equipment:

Mug, Microwave, Measuring spoons, Bowl, Whisk or fork

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. Prepare additions. Dice vegetables and cooked meat finely. Saute or steam hearty vegetables.
4. Mix in your choice of additions.
5. Pour the mixture into the mug.
6. Microwave for 1 minute. Check that the egg is fully cooked and not wet. If it's still wet, microwave for an additional 30-60 seconds. You may need to cook this recipe for more or less time depending on your microwave.

Notes:

Add more color and fiber with vegetables such as: diced onion, green onion, bell pepper, tomatoes, cooked broccoli, fresh or frozen spinach. Add cheese and/or cooked breakfast meats.

Adapted from <https://eatfresh.org/recipe/snacks-breakfast/one-mug-omelette/>