**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.
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/](https://eatfresh.org/recipe/snacks-breakfast/one-mug-omelette/)