

[Veggie omelet in a mug](#)



Recipe credit

Oregon SNAP. OSU Extension Service

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About this recipe

Serves

1

Time to make

10 minutes preparation; 3 minutes cook time

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 2 eggs
- 2 tablespoons low-fat or nonfat milk
- 1 dash salt
- 1 dash pepper
- 1/4 cup finely chopped vegetables (any type)
- 2 tablespoons grated cheese (any type)

Directions

1. Wash hands with soap and water.
2. Lightly grease the inside of a 12-ounce microwave-safe mug.
3. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
4. Microwave on high for 45 seconds. Stir. Return to the microwave and cook on high until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

Tips and variations

- To make a meal, serve with a slice of whole grain toast and fruit.
- Try adding cilantro on top for more flavor.

Recipe video

Nutritional info

Calories

220

Total fat

15g

Saturated fat

6g

Cholesterol

390mg

Sodium

400mg

Total carbohydrates

5g

Protein

17g

Total sugar

3g

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