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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