

Microwaved Egg Omelet in a Mug

Makes: 1 serving

Ingredients:

cooking spray
2 eggs
1 tablespoon feta or cheddar cheese
Pepper to taste
Veggie options:
1 tablespoon diced red pepper
3 white mushrooms, chopped
3 cherry tomatoes cut in 1/2
1/4 cup spinach
1 tsp sliced green onions

Recipe adapted from:



Photo Credit: www.joyfulhealthyeats.com

Method:

1. Spray inside of coffee mug with cooking spray.
2. Add eggs to cup, using a fork, mix until the yolks are combined.
3. Add in any veggies, cheese and pepper to taste.
4. Gently stir together.
5. Put mug in the microwave and cook on high for 1 minute and 30 seconds.
6. Remove the mug and let sit for 1 minute.
7. Enjoy!

Please note: Nutrition information calculated with feta cheese, red bell pepper, spinach and green onions.

Nutrition Facts

1 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 120mg	10%
Iron 2mg	10%
Potassium 254mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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