

Omelette In A Mug

Yield: 1 Servings

Cooking spray or extra virgin
-olive oil
2 large eggs
1 Tbl milk
1 Tbl cheddar cheese, grated

1 Tbl vegetables: peppers,
-broccoli, mushroom, etc. diced
1 Tsp green onion, minced
Pinch salt
Pinch black pepper

Directions:

Spray the mug with cooking spray:

Spray inside of a large, microwave-safe mug lightly with cooking oil spray or coat the inside of the mug with olive oil.

Crack eggs into the mug, add milk, and beat with a fork. Add the cheese and veggies, then season:

Add the cheese, veggies, and green onion. Add a sprinkle of salt and pepper. Stir with a fork until well mixed.

Microwave for 30 second on high. Remove from microwave and stir with a fork. Return to the microwave and cook for another 20 to 30 seconds. (Whether it's 20 or 30 depends on the power of your microwave.)

You'll see patches of firm cooked egg mixture beginning to form. Remove and stir again. Return to the microwave and cook for another 20 to 30 seconds or until the omelette has set.

