



# Veggie Omelet in a Mug

Adapted from *FoodHero.org*



## Ingredients



- 2 eggs
- 2 Tablespoons low-fat or nonfat milk
- 1/16 teaspoon salt (a dash)
- 1/16 teaspoon pepper (a dash)
- 1/4 cup finely chopped vegetables (fresh, frozen, canned or leftover)
- 2 Tablespoons grated cheese



## Directions



Yield: 1 serving Serving size: 1 cup

1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.
2. Combine eggs, milk, salt and pepper in the mug with a fork and stir well. Stir in vegetables and cheese.
3. Microwave on HIGH for 45 seconds and then 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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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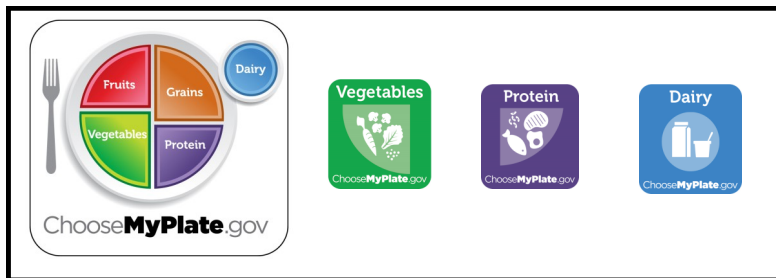
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Enjoy with a slice of whole grain toast and a serving of fruit for any meal.
- If you don't have cooking spray, a little butter will work as well.
- Times to cook the egg fully may vary, depending on the power of your microwave.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
1 servings per container	
Serving size	1 omelet (169g)
Amount per Serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>19 %</b>
Saturated Fat 6g	<b>30 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 390mg	<b>130 %</b>
<b>Sodium</b> 400mg	<b>17 %</b>
<b>Total Carbohydrate</b> 5g	<b>2 %</b>
Dietary Fiber 0g	<b>0 %</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0 %</b>
<b>Protein</b> 17g	
Vitamin D 2mcg	<b>10 %</b>
Calcium 203mg	<b>15 %</b>
Iron 2mg	<b>10 %</b>
Potassium 247mg	<b>6 %</b>
Vitamin A 242mcg	<b>27 %</b>
Vitamin C 3mg	<b>3 %</b>

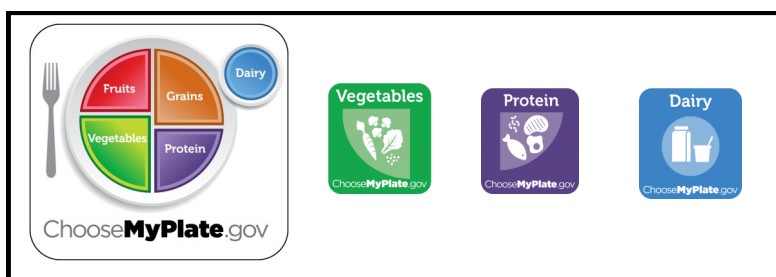
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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