

# Microwave Turkey and Vegetable Omelet

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 omelet

## Ingredients

Nonstick cooking spray

2 eggs

⅛ teaspoon garlic powder

1 pinch onion powder

1 pinch salt

1 pinch ground black pepper

2 slices deli turkey, chopped or torn into small pieces

½ medium bell pepper, diced (about ½ cup)

¼ cup chopped fresh spinach or broccoli

## Directions

1. Spray the inside of a microwave-safe mug or bowl with nonstick cooking spray.
2. Add the eggs, garlic powder, onion powder, salt, and black pepper. Whisk with a fork to combine.
3. Add the turkey, bell pepper, and spinach or broccoli. Stir to combine.
4. Microwave on high power (default setting) in 1-minute increments until the eggs are fully set. This will take about 2-3 minutes in total.
5. Let sit for 2 minutes, then serve warm.

## Recipe Notes

- Consider using a different fresh or cooked vegetable(s) and/or a different cooked protein. This is a great way to use up leftovers.



Nutrition Facts Per Serving: Calories: 190 | Total Fat: 9 g | Saturated Fat: 3 g  
Sodium: 560 mg | Total Carbohydrate: 8 g | Dietary Fiber: 4 g | Protein: 19 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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