

Microwave Vegetable Omelet in a Mug

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

Yield: 1 serving | Serving Size: 1 mug omelet

Ingredients

Nonstick cooking spray

1 cup chopped fresh or frozen vegetables (one type or a combination; e.g. onion, bell pepper, mushrooms, spinach, tomato, asparagus)

1 tablespoon water

2 eggs

¼ cup shredded cheese (e.g. cheddar, mozzarella, feta)

Directions

1. Spray the inside of a microwave-safe mug with nonstick cooking spray. Add the selected vegetable(s) and water.
2. Microwave on high power (default setting) until the vegetables are tender, about ½-3 minutes depending on the type of vegetable(s).
3. Use a paper towel to carefully soak up any liquid in the mug.
4. Add the eggs and cheese, whisking with a fork to combine. Microwave on high power (default setting) for 1 minute.
5. Stir gently with the fork, then continue microwaving until the eggs are just set but still moist, about 15-45 seconds.
6. Let cool slightly, then serve warm.

Recipe Notes

- The handle of the mug may get hot. Be careful when removing the mug from the microwave, using hot pads or oven mitts if needed.
- This can be made with pre-cooked or leftover cooked vegetables. Reduce the amount to ½ cup, omit the water, and skip steps 2-3.
- This recipe can be made in a microwave-safe bowl instead of a mug.



**Nutrition Facts Per Serving: Calories: 265 | Total Fat: 18.5 g | Saturated Fat: 8.5 g
Sodium: 305 mg | Total Carbohydrate: 7 g | Dietary Fiber: 1.5 g | Protein: 19.5 g**

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