



Omelette In A Mug

Ingredients:

- 1 whole egg + 2 egg whites
- 2 tablespoons milk
- Pinch of salt and pepper (to taste)
- ¼ cup tomatoes, canned, diced
- ¼ cup cheddar cheese, shredded
- Salsa topping!

Instructions:

1. Crack egg into mug and whisk with fork; pour in milk and stir until well combined and “whipped”.
2. Microwave for 1 minute.
3. Add salt, pepper, and tomatoes without stirring. Microwave again for 1 minute. Continue to microwave for 30-second intervals until no wet spots visible.
4. Add cheese, place in microwave for 15 seconds to melt. Top with salsa and enjoy!

Variations:

Choose your favorite vegetables to fill your omelet!
 Examples include broccoli, spinach, tomato, zucchini, and more!

Prep Time: 5 minutes

Cooking Time: 2 minutes

Equipment:

Microwave safe mug
 Fork

Servings: 1

Serving Size: 1 medium mug



Nutrition Facts:	195	9g	2 g Saturated	10 g	18g	1g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	5 g	275 mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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