



Scrambled Eggs in a Mug

Servings 1 | Prep time 5 mins. | Total time 7 mins.

Equipment:

Microwave-safe mug or small bowl

Cutting board

Utensils:

Fork or whisk

Knife

Measuring cups and spoons

Ingredients

1 teaspoon unsalted butter

1 large egg

1 1/2 tablespoons low-fat milk

1 pinch salt

1 pinch black pepper

1/4 cup fresh vegetables (halved grape tomatoes, broccoli, onion, etc.), diced

1/2 piece whole wheat bread, torn into small pieces (optional)

1 tablespoon cheese, shredded

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a microwave-safe mug or bowl, microwave butter for 10 second, or until butter is just melted. Add egg, milk, salt, and black pepper. Whisk vigorously until thoroughly combined and egg white is incorporated.
3. Add vegetables, shredded cheese, and bread (if using). Stir together, making sure that ingredients are evenly dispersed and have not settled to bottom of mug or bowl. Place mug or bowl into microwave and cook on high for 1 minute.
4. Remove mug or bowl, stir with a fork, and microwave on high for an additional minute. Serve immediately.

Nutritional Information:

Calories 200 Total Fat 12g Sodium 510mg Total Carbs 12g Protein 12g