

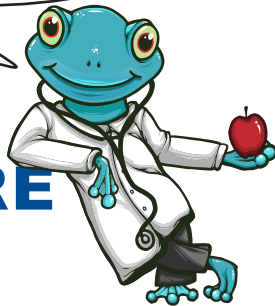
Omelet in a Mug



Eggs are a **complete protein** source with all the **essential amino acids** that our body needs. This recipe can be eaten with toast and fruit for a balanced meal with all the food groups.



CENTRAL OHIOSM
PRIMARY CARE



Omelet in a Mug

Time: 3 minutes

Ingredients

- Cooking Spray
- 2 Large Eggs
- 2 TBSP Shredded Cheese
- 2 TBSP Green Bell Pepper
- 2 TBSP Diced Ham
- Salt and Pepper to taste

* For a different texture, try using 1 whole egg and 1 egg white



Serves: 1 portion

Directions

1. Spray coffee mug with cooking spray and season with salt and pepper.
2. Add in eggs, cheese, green bell pepper, and ham to coffee mug.
3. Heat in microwave on high for 60 seconds. If egg is not fully cooked, heat again in 30 second intervals until cooked.



Adding the salt first will help the mug absorb the microwave energy and heat the egg all the way through

