

# Omelet in a Mug

Food Groups:

Protein

Vegetables

Dairy

Cooking Spray

2 eggs

 ¼ cup diced veggies (**Options:** mushrooms, tomatoes, bell pepper, onion, zucchini, spinach)




 2 tablespoons grated low-fat cheese (Monterey Jack **OR** Cheddar)

Salt and Pepper to taste

1. Wash your hands.
2. Spray the inside of a microwave safe mug (or small bowl) with cooking spray.
3. Crack the two eggs into the mug and whisk with a fork.
4. Dice your choice of veggies and add to the mug.
5. Add the cheese to the mug and sprinkle with salt and pepper.
6. Microwave the mug for 1 minute. Stir with a fork and continue microwaving in 15 second intervals until the eggs are set (may be up to 1 additional minute.)
7. Empty the mug onto a plate and enjoy!

1 Serving

## Create Your Own Trail Mix

-  1 cup Raw Nuts (like pecans, almonds, walnuts, pistachios, cashews, or peanuts) **and/or** Raw Seeds (like pumpkin seeds or sunflower seeds)
-  1/2 cup Dried Fruit (like apricots, mangoes, raisins, cranberries, dates, or freeze-dried berries)
-  1/4 cup Mix-Ins (like dark chocolate chips, coconut flakes, roasted chickpeas)

1. Wash your hands.
2. In a large bowl, mix together your choices of nuts, seeds, dried fruit and other mix-ins.
3. Store in an air-tight plastic or glass container or plastic bag.

Makes 7-8 servings (will keep for 2-3 weeks)

# Grocery List

- Cooking Spray
- 2 Eggs
- Veggies of your choice (**Options:** mushrooms, tomatoes, bell pepper, onion, zucchini, spinach)
- Grated Monterey Jack **OR** Cheddar Cheese (low-fat)
- Salt
- Pepper
- Nuts/seeds (your choice)
- Dried Fruit (your choice)
- Other Options: see Trail Mix recipe for choices of other add-ins

# Equipment List

- Measuring spoons
- Measuring cups
- Cutting Board
- Cutting Knife
- Microwave safe mug or small bowl
- Fork
- Plate
- Small Mixing bowl
- Mixing spoon
- Plastic Baggie