

# MICROWAVE OMELET

STRONG<sup>4</sup>LIFE™



Serves 1

## Ingredients

- 1/2 teaspoon **olive oil** or nonstick cooking spray
- 2 **eggs**
- 1 tablespoon **milk**
- Pinch of **salt** and **pepper**
- 1/4 cup chopped **veggies** of your choice
- 1/4 cup **shredded cheese** and/or cooked **breakfast meat** of your choice



## Try one of our favorite microwave omelet combos:

### Bell peppers and sausage

- 1/4 cup chopped bell peppers
- 2 tablespoons shredded Monterey Jack cheese
- 2 tablespoons cooked, crumbled breakfast sausage

### Spinach, tomato and feta

- 2 tablespoons chopped fresh tomatoes
- 2 tablespoons chopped fresh spinach
- 1/4 cup crumbled feta cheese

### Cheddar and feta

- 2 tablespoons cheddar cheese
- 2 tablespoons feta cheese

## Nutrition Facts\*

### Bell peppers and sausage

**Calories:** 300  
**Protein:** 20 grams  
**Total carbohydrates:** 5 grams  
**Dietary fiber:** 1 gram  
**Total fat:** 22 grams

### Spinach, tomato and feta

**Calories:** 280  
**Protein:** 19 grams  
**Total carbohydrates:** 4 grams  
**Dietary fiber:** 0 grams  
**Total fat:** 20 grams

### Cheddar and feta

**Calories:** 280  
**Protein:** 19 grams  
**Total carbohydrates:** 3 grams  
**Dietary fiber:** 0 grams  
**Total fat:** 21 grams

\*Nutrition facts are an estimate and vary based on serving size.

## Directions

- 1 Lightly coat a microwave-safe mug, bowl or glass jar with olive oil or nonstick cooking spray.
- 2 Crack the eggs directly into the bowl with your desired mix-ins (chopped veggies, cooked breakfast meat and/or cheese), along with salt and pepper, if desired. Whisk all the ingredients together.
- 3 Microwave egg mixture for 30 to 45 seconds\* and gently stir. Microwave for another 30 to 45 seconds, or until the eggs are just set (microwave cook times vary).
- 4 Let the omelet sit for 1 minute before eating. The eggs will finish cooking slightly from residual heat.
- 5 Serve with whole-wheat toast and fresh fruit on the side.

\*Safety note: Use caution when removing the mug, bowl or glass jar from the microwave, as it'll be very hot. Use oven mitts if needed.



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