



Chicken Fajita Scramble Mug



Entire recipe: 163 calories, 0.75g total fat (0g sat. fat), 583mg sodium, 12g carbs, 1.25g fiber, 5.5g sugars, 26g protein

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Ingredients

1/4 cup chopped red bell pepper
1/4 cup chopped onion
1 oz. cooked skinless lean chicken breast, chopped
1 tsp. dry fajita seasoning mix
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
2 tbsp. shredded fat-free cheddar cheese
1 tbsp. fat-free sour cream

Directions

Spray a large microwave-safe mug with nonstick spray. Add veggies, chicken, and fajita seasoning. Stir well to evenly distribute seasoning. Microwave for 1 - 2 minutes, until veggies have softened.

Add egg substitute and microwave for 1 minute.

Add cheese and gently stir. Microwave for an additional 45 - 60 seconds, until scramble is just set.

Allow to cool slightly. Top with sour cream and enjoy!

MAKES 1 SERVING

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