



Denver Omelette in a Mug



Entire recipe: 122 calories, 0.75g total fat (<0.5g sat. fat), 702mg sodium, 6g carbs, 0.5g fiber, 2.5g sugars, 21.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/4 cup chopped green bell pepper
2 tbsp. chopped onion
1/2 cup fat-free liquid egg substitute
1 oz. sliced 97% to 98% fat-free ham (about 2 slices), chopped
2 tbsp. shredded fat-free cheddar cheese

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave pepper and onion for 1 1/2 minutes, or until softened.

Blot away excess moisture. Add egg substitute, stir, and microwave for 1 minute.

Stir in ham and cheese. Microwave for 1 minute, or until set. Eat up!

MAKES 1 SERVING

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