



## Veggie Eggs-plosion Mug



Entire recipe: 130 calories, 1.75g total fat (1g sat. fat), 445mg sodium, 10g carbs, 2g fiber, 5.5g sugars, 16.5g protein

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### Ingredients

1/2 cup sliced mushrooms  
1/4 cup thinly sliced onion  
1/4 cup chopped asparagus  
1/4 cup diced tomato, patted dry  
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))  
1 wedge [The Laughing Cow Light Original Swiss cheese](#)  
Optional seasonings: black pepper, garlic powder

### Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave mushrooms, onion, asparagus, and tomato for 2 minutes, or until softened.

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

Stir in cheese wedge, breaking it into pieces. Microwave for 1 minute, or until set. Enjoy!

#### MAKES 1 SERVING

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