



California Love Mug



Entire recipe: 140 calories, 4.5g total fat (1.5g sat. fat), 456mg sodium, 7g carbs, 2g fiber, 3g sugars, 16g protein

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



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Ingredients

1/2 cup chopped fresh spinach
1/2 cup sliced mushrooms
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
2 tbsp. diced tomatoes
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
1 oz. (about 2 tbsp.) diced avocado

Directions

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

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

Mix in tomato and cheese wedge, breaking the wedge into pieces. Microwave for 1 minute, or until set. Top with avocado and enjoy!

MAKES 1 SERVING

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