



It's All Greek to Me Egg Mug



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Entire recipe: 117 calories, 2g total fat (1g sat fat), 459mg sodium, 8g carbs, 1g fiber, 3g sugars, 16g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 1*

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

Tagged: [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/2 cup chopped spinach
1/4 cup chopped red onion
1/2 cup (about 4) egg whites or fat-free liquid egg substitute
2 tbsp. diced tomato, patted dry
2 tbsp. crumbled reduced-fat feta cheese
1/2 tbsp. chopped fresh basil

Directions

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

Blot away excess moisture. Add egg and stir. Microwave for 1 minute.

Stir in tomato, feta, and basil. Microwave for 1 minute, or until set.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.