



It's All Greek to Me Egg Mug



[Click here for a video demo](#) !

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

Freestyle™ SmartPoints® value 1*

SmartPoints® value 2*

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

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

Ingredients

1/2 cup chopped spinach leaves
1/4 cup chopped red onion
1/2 cup 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 substitute, stir, and microwave for 1 minute.

Stir in all remaining ingredients. Microwave for 1 minute, or until set. Dig in!

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.