



To the Mex Egg Mug



Entire recipe: 201 calories, 4.5g total fat (2.5g sat. fat), 760mg sodium, 11g carbs, 1.5g fiber, 2g sugars, 26.5g protein

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Total: 5 minutes



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Ingredients

3/4 cup (about 6 large) egg whites or liquid egg substitute
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/8 tsp. ground cumin
3 tbsp. shredded reduced-fat Mexican-blend cheese, divided
2 tbsp. canned black beans, drained and rinsed
1 tbsp. jarred jalapeño slices, drained and chopped
2 tbsp. salsa
Optional topping: fresh cilantro

Directions

Spray a [large microwave-safe mug](#) with nonstick spray. Add egg whites/substitute, onion powder, garlic powder, and cumin. Mix well.

Microwave for 1 minute. Stir in 2 tbsp. cheese, beans, and chopped jalapeño. Microwave for 1 more minute, or until set.

Top with remaining 1 tbsp. cheese, followed by salsa.

MAKES 1 SERVING

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