



Denver Omelette in a Mug

PER SERVING (entire recipe): 122 calories, 0.75g fat, 702mg sodium, 6g carbs, 0.5g fiber, 2.5g sugars, 21.5g protein
-- **PointsPlus™** value 3*

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

1/4 cup chopped green bell pepper
2 tbsp. chopped onion
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
1 oz. (about 2 slices) 97 to 98% fat-free ham, chopped
2 tbsp. shredded fat-free cheddar cheese

Directions:

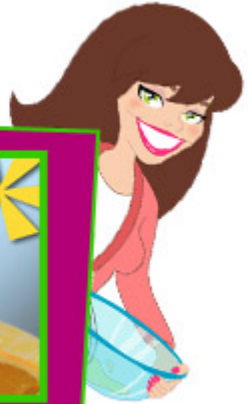
Spray a large microwave-safe mug with nonstick spray. Add veggies and microwave until softened, 1 - 2 minutes.

Blot any excess liquid from veggies. Add egg substitute and microwave for 1 minute.

Add ham and cheese and lightly stir. Microwave until scramble is just set, an additional 45 - 60 seconds.

Let cool slightly. Eat up!

MAKES 1 SERVING



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