



Egg Omelet In a Mug

2 eggs

2 Tbsp tomato, chopped

1 Tbsp green onion, chopped

1 Tbsp cheese

1 Tbsp milk or water

Pinch of black pepper

Oil or butter to grease mug

Directions:

Grease a microwave safe mug (12-16oz). Add eggs, tomato, green onion, milk or water, and black pepper. Beat with a fork until the yolks are broken and ingredients are well combined. Microwave 1 minute. Check to see if egg is cooked, if egg is still wet, cook for an additional 30-60 seconds or until egg is fully cooked. * Watch egg closely in microwave to be sure it does not overflow.

Servings: 1