

Microwave Omelettes

Makes 1 serving

Ingredients

- 2 large eggs
- 1/4 cup chopped bell peppers
- Olive oil, cooking spray or butter
- Optional: shredded cheese

Nutrition Facts

per 1 serving

Calories 210

% Daily Value*

Carbohydrates 9g

Fibre 1g

Sugar 5g





Protein 13g

Fat 14g

Sodium 453mg

17%

Directions

-  Line a microwave-safe mug with oil, cooking spray or butter to prevent sticking,
-  Crack both eggs into the mug, beat with a whisk or fork then mix in the 1/4 cup of chopped peppers.
-  Cover with a lid and microwave on high for ~25 seconds, remove and stir, then microwave for another ~20-25 seconds or until desired consistency.
-  **4 ENJOY** Top with shredded cheese if desired, and enjoy!