

Personal Mug Omelets

This recipe can be made in individual serving sizes, which is ideal for COVID safety.

Adapted from Food Hero
Makes 1 serving

Ingredients

1/4 teaspoon oil
1/4 cup vegetables (such as asparagus, peppers, and onions)
2 eggs
2 tablespoons milk
Pinch of salt
Pinch of pepper
2 tablespoons shredded cheddar cheese
1 tablespoon minced chives or green onions



Photo credit: Land O'Lakes website

Instructions

Lightly grease the inside of a 12-ounce microwave-safe mug with oil.

Chop vegetables into small pieces. Use a fork to whisk the eggs, milk, salt, and pepper in the mug. Add vegetables and cheese and stir to combine.

Microwave on high for 45 seconds. Stir. Return to the microwave and cook on high until the mixture has puffed and set, 60-90 seconds. The omelet may look wet on the top, but it will dry as it cools.

Top with chives or green onions and serve.

Notes:

- To make the recipe dairy free, use a dairy-free milk alternative, such as soy or almond beverages, and a dairy-free cheese alternative.
- Get creative with your mix-ins! Try different vegetables and cheese based on the season and to suit your preferences.