

Omelet in a Mug

Ingredients:

Cooking oil spray
2 large eggs
1 tablespoon milk
1 tablespoon grated cheddar cheese
1 tablespoon finely chopped bell pepper
1 tablespoon chopped ham or sausage
Pinch salt
Pinch of black pepper

Directions:

1. Spray the inside of a large, microwave-safe mug lightly with cooking oil spray.
2. Crack eggs into the mug, add 1 tablespoon of milk, and beat with a fork.
3. Add grated cheese, bell pepper, and ham. Add a sprinkle of salt and pepper. Stir with a fork until well mixed.
4. Place mug in microwave and cook on high power for 30 seconds. Remove from microwave and stir.
5. Return mug to microwave and cook on high power for 20 seconds. Remove from microwave and stir.
6. Return mug to microwave for final time and cook on high power for 20 seconds more until eggs are firm.
7. Carefully remove from microwave and allow omelet to cool slightly before enjoying.

Recipe with slight adjustments from *Simply Recipes*
[simplyrecipes.com/recipes/omelette_in_a_mug/](https://www.simplyrecipes.com/recipes/omelette_in_a_mug/)

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