



Microwave Omelet

Preparation time: 5 minutes Serving size: 1 Omelet

Ingredients:

- 2 Large Eggs
- 1 tablespoon grated cheese
- 1 tablespoon chopped chives or green onion
- Pinch of salt & pepper

Directions:

1. Grease mug with non-stick spray or butter
2. Crack eggs into mug and beat thoroughly with fork
3. Add cheese, salt, pepper, and chives and mix together
4. Microwave on high for 20-30 seconds, pull mug out and mix with fork. Return to microwave and cook for another 20-30 seconds. Repeat in 20-30 second increments until omelet sets



An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.



This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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