

On-the-Go-Mug Scrambled Egg

INGREDIENTS:

- 1 large egg
- 1 Tbsp. milk or water
- 2 Tbsp. bell pepper, diced
- 1 Tbsp. cheddar cheese, shredded
- Salt, pepper (to taste)

DIRECTIONS:

Spray a 12-ounce microwave-safe coffee mug with nonstick spray. Add egg and milk and lightly beat with a fork. Mix in bell pepper and cheese. Microwave on high for 50 seconds or until firm.

NUTRITION:

Makes one serving. Without added salt, each serving has 110 calories, 7 grams (g) fat, 9 g protein, 2 g carbohydrate, 0 g fiber and 120 milligrams sodium.