



# Southwestern Omelet In A Mug

## INGREDIENTS (Yield: 1 servings)

- Vegetable oil cooking spray
- 1 medium egg
- 2 egg whites
- 1 tablespoon diced green bell pepper
- 1 tablespoon canned black beans, rinsed
- 1 tablespoon salsa
- Pinch of cumin
- Black pepper to taste
- 2 tablespoons shredded low-fat cheddar cheese

NUTRITION INFORMATION: 153 Calories; 5 grams Fat; 2 grams Saturated Fat; 189 mg Cholesterol; 319 mg Sodium; 8 grams Carbohydrates; 2 grams Fiber; 1 gram sugar; 18 grams Protein

## DIRECTIONS

1. Spray inside of a microwave-safe mug with vegetable oil cooking spray.
2. Add egg, egg white, bell pepper, black beans, salsa, cumin and black pepper to mug. Stir with fork and then place in microwave on high for 1 minute. Stir with fork. And microwave another 30 seconds.
3. Top with cheddar cheese and return to microwave and cook until eggs are completely set, 15 to 30 seconds longer.