

Omelet in a Mug (1 serving)

From – Susan Morris

2 eggs, beaten
2-3 T. shredded cheddar cheese
2 T. diced fully cooked ham
1 T. diced green pepper
Salt and pepper to taste

Spray microwave safe mug with cooking spray. Combine all ingredients in mug. Microwave, uncovered, on high for 1 minute. Stir. Cook 1 to 1.5 minutes longer or until fully set.