

Microwave Egg Omelet



Serving Size

1



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 2 eggs
- 2 tbsp chopped onions
- 2 tbsp chopped mushroom
- 2 tbsp chopped bell pepper
- Black pepper to taste

Directions

1. Spray mug with non stick spray.
2. Crack two eggs into mug.
3. Scramble eggs in mug.
4. Add chopped onion, mushroom, bell pepper, and black pepper.
5. Cook in the microwave for 45 seconds, stir and then cook for another 45 seconds. (You may need to cook for another 30 seconds depending on your microwave).
6. Remove mug from microwave and enjoy!

Nutrition Facts

Serving: 1

Amount per serving

Calories 150

Sodium	145 mg
Potassium	190 mg
Phosphorus	200 mg
Carbohydrates	3 g
Protein	13 g



Pro Tip
Other Vegetable Ideas:
 Asparagus, Jalapeno,
 Kale, Zucchini, Bell
 Peppers, Okra