



# TASTY OMLETTE IN A MUG

**PREP TIME:** 5-10 minutes

**SERVING SIZE:** 1 mug

**COOK TIME:** 3 minutes

**SERVES:** 1

## INGREDIENTS

- ½ bell pepper (any color), diced
- ¼ cup tomato, chopped
- ¼ cup fresh spinach, chopped
- 2 eggs, beaten.
- Salt and pepper to taste

1. Combine and mix all ingredients in a microwavable mug. Be sure eggs are blended evenly into mixture.
2. Cook mixture in microwave for 2-3 minutes, making sure the egg does not bubble over the mug. Halfway through the cooking process, pause microwave and stir mixture.
3. Remove from microwave and briefly let cool.
4. Garnish with optional toppings if desired.
5. Enjoy

Optional: top with avocado, tomato, or chopped green onion

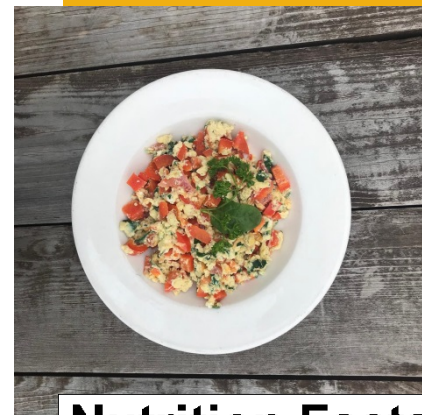
## SOURCE

[www.tasty.co](http://www.tasty.co)

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

[www.centraltexasfoodbank.org/recipes](http://www.centraltexasfoodbank.org/recipes)



## Nutrition Facts

servings per container  
**Serving size** 1 mug

Amount per serving  
**Calories** 200

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 370mg 123%

**Sodium** 160mg 7%

**Total Carbohydrate** 11g 4%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 2mcg 10%

Calcium 78mg 6%

Iron 3mg 15%

Potassium 583mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This institution is an equal opportunity provider. Rev 2/19

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# PLÁTANO EN UNA MANTA

**TIEMPO DE PREPARACIÓN:** 5 minutos

**TAMAÑO DE PORCIÓN:** 1 blanket

**TIEMPO PARA COCINAR:** x minutos

**PORCIONES:** 1

## INGREDIENTES

- ½ (6 pulgadas) tortilla de trigo integral
- 1 cucharada mantequilla de cacahuete reducida de grasa
- ½ plátano mediano
- 1 cucharadita jarabe de arce o miel
- 1 cucharada cereal crujiente de pepita de nuez o granola

## PREPARACIÓN

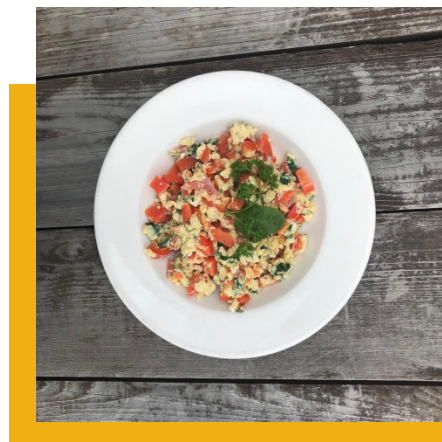
1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.
3. *Opcional:* Adornar encima con más cereal.

## FUENTE (O ADAPTADA DE)

[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas! [www.central](http://www.central)



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Esta institución ofrece igualdad de oportunidades. Rev 9/17  
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