

SPINACH & FETA MUG SCRAMBLED EGGS

Whip up eggs with a few simple ingredients in a microwave-safe mug, and you have the makings of a breakfast that's prepped, seasoned and will be ready to eat in a little more than a minute before running out the door. If you don't want to store the mixture in individual mugs, you can store it in an airtight container then transfer to a mug when you're ready to cook it.

Active Time: 5 mins | Total Time: 5 mins

INGREDIENTS

- 8 large eggs
- 1/4 cup half-and-half
- 1/2 cup chopped baby spinach
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh dill, plus more for garnish
- 1/4 teaspoon salt

NUTRITION PROFILE

No Added Sugar Mediterranean Diet Sesame-Free Nut-Free Soy-Free Vegetarian High-Protein Gluten-Free

DIRECTIONS

STEP 1

Coat 4 (12-ounce) microwave-safe mugs with cooking spray. Crack 2 eggs into each prepared mug. Add 1 tablespoon half-and-half to each; whisk with a fork until completely blended. Add 2 tablespoons spinach, 1 tablespoon feta and 1½ teaspoons dill to each mug, stirring until combined. Sprinkle with salt. Cover and refrigerate for up to 4 days.

STEP 2

When ready to eat, uncover a mug and microwave on High, stirring every 15 to 20 seconds, until set, 1 minute and 15 seconds to 1 minute and 25 seconds for large curds (about 1 minute for soft-scramble). Stir with a fork to create fluffy curds. Sprinkle with additional dill, if desired.

TO MAKE AHEAD

Cover and refrigerate egg mixture (Step 1) for up to 4 days.

NUTRITION FACTS

Per serving: Serving Size 1 mug
Calories 213 Total Fat 16g; Saturated Fat 7g; Cholesterol 394mg; Sodium 375mg; Total Carbohydrate 2g; Dietary Fiber 0g; Total Sugars 2g; Added Sugars 0g; Protein 15g; Vitamin C 2mg; Calcium 128mg; Iron 2mg; Potassium 195mg

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