

Quick and Easy Mug Frittata

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LIVE WELL UTAH

Try this quick and easy mug frittata for a protein-packed breakfast.

Eggs are budget-friendly and packed with high quality protein, vitamins and minerals our bodies need. This single-serving mug frittata takes just 3 minutes to make and is perfect for any weekday meal, not just breakfast. Feel free to add additional mix-ins based on your preferences.

Ingredients:

- 2 eggs
- Cooking spray or oil of choice
- Salt and pepper, to taste
- Desired fruits or vegetables, sliced or chopped
- Salsa, if desired

Directions:

1. Grease mug with cooking spray or any type of oil.
2. Fill mug with desired fruit and/or vegetables and crack both eggs into mug.
3. Add salt and pepper to mug and mix all ingredients together.
4. Microwave for 2 minutes.
5. Flip mug over onto plate and top frittata with salsa, if desired.

This recipe article was written by Kali Anderson, Extension Intern for Utah County. Recipe adapted from: <https://eateachlaughcraft.com/food/three-minute-omelette-recipe/>