

# Microwave in a Mug

by Lucille Tang, RDN

## Recipe for Colorful Quiche

Customize this quick recipe by swapping the veggies!  
Choose a **red** ingredient like red onion or chili peppers.  
Choose a **green** ingredient like spinach, broccoli, or zucchini.

SERVES: 1

PREP TIME: 5 MINUTES

TOTAL TIME: 10 MINUTES

### EQUIPMENT

- 1 Mug
- 1 Fork
- Microwave
- Measuring Cups

**TIP! Have a bigger mug?  
Double or triple the recipe!**

### INGREDIENTS

- 1 TSP OIL
- 1 EGG
- 2 TBSP MILK
- 1 PINCH SALT
- 1 PINCH PEPPER

1/4 C SWISS CHARD

1/2 SLICE BREAD

1/8 C RED BELL PEPPER

3 CHERRY TOMATOES

1 TBSP SHREDDED CHEESE

**TIP! Don't want to crack an egg?  
Substitute 1 egg with  
1/4c liquid egg!**

### DIRECTIONS

1. ADD oil to the mug and coat.
2. ADD egg, milk, salt, and pepper into the mug. WHISK with fork.
3. TEAR swiss chard and bread into bite-sized pieces.
4. SLICE red bell pepper into bite-sized pieces.
5. ADD swiss chard, bread, bell pepper, cherry tomatoes and shredded cheese. MIX together.
6. PRESS firmly with the fork to submerge mixture into the egg.
7. MICROWAVE for 1:30 - 2:30 minutes. ENJOY!!