

Cooking with the DIETITIANS

MINUTE MICROWAVE QUICHE-IN-A-MUG

Time: 5 minutes / Servings: 1

INGREDIENTS

- 1 large egg
- 1 ½ Tbsp low-fat milk
- 1 tsp melted unsalted butter/olive oil
- Dash of salt and pepper
- 4 grape tomatoes, halved
- ½ slice of bread, cubed
- 6-8 leaves of spinach
- ½ clove of garlic, minced
- 1 Tbsp shredded cheese of choice
- ½ Tbsp chopped herbs of choice



DIRECTIONS

1. In a mug, add egg, milk, butter/oil, and spices. Whisk with fork until combined and slightly foamy.
2. Add tomatoes, bread, cheese, and herbs gently into the egg mixture. Do not push things to the bottom! Let them settle naturally or you will end up with all of the topping on the bottom!
3. Place mug in microwave, cook on high for 1 minute (quiche should look slightly puffed and not runny).
4. Let it cool slightly and enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 195 Total Fat: 13g Saturated Fat: 4g Sodium: 214mg Potassium: 201mg Carbohydrates: 9g Fiber: 1g Protein: 11g Vitamin A: 26% Vitamin C: 6% Calcium: 13% Iron: 9%

Adapted from: <http://fullthymestudent.com/1-minute-microwave-quiche-in-a-mug>

A collaboration with USF Dining