



Mushroom Scramble Mug

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 5 minutes

Cooking Time: 2 minutes

Serves: 1

Non-stick cooking spray

1 cup white button mushrooms, sliced

1/4 teaspoon salt

Pinch freshly ground black pepper

1 whole egg

1 egg white

1 slice fat-free American cheese, torn in strips

1 tomato or red pepper, diced (optional)

Whole wheat English muffin (optional)



Lightly spray the inside of a microwaveable mug with non-stick cooking spray, place mushrooms in mug and sprinkle with salt and pepper. Cover and microwave for 1 minute. Let rest 30 seconds and drain any excess liquid.

Add whole egg and egg white to mug and mix well with a fork. Add cheese and tomato or red pepper (if desired) and microwave for 1 minute, stirring halfway through. Let rest 30 seconds to allow eggs to finish cooking. Enjoy in the mug or on a toasted whole wheat English muffin.

134 Cals, 5g Fat and 0g fiber

POINTS value: 3

POINTS value: 4 with 1/2 English muffin

Each serving provides: 215mg cholesterol (70% Daily Value), 1,000mg sodium (42% Daily Value), 2g dietary fiber (9% Daily Value), 18g protein (35% Daily Value), 4% Daily Value for vitamin D, 10% Daily Value for iron, 40% Daily Value for vitamin C, 40% Daily Value for vitamin A, 20% Daily Value for calcium