Coffee Cup Quiche

MUG MEAL #1

PREP TIME: 1–2 MINUTES

TOTAL TIME: 3–5 MINUTES

INGREDIENTS

2 eggs
1 1/2 tablespoons milk
Salt & pepper
1 slice of bread, torn into dime-size pieces
1/2 cup chopped greens (spinach, kale, arugula, sprouts)
Serve with: avocado, cheese, or hot sauce

DIRECTIONS:

Beat egg and milk together with a fork in a coffee cup, adding salt and pepper to taste. Tear bread into dime-size pieces; stir in. Stir in the chopped greens.

Microwave on high until eggs are fully cooked, about 1 minute 15 seconds-2 minutes. Garnish with sliced avocado, cheese, or hot sauce.

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