

Easy, Quick Breakfast in a Mug

- **Ingredients**

- 1 slice whole-grain bread, cubed
- 2 tbsp (30 ml) finely chopped ham
- 2 tbsp (30 ml) seeded and diced tomato
- 2 tbsp (30 ml) shredded Cheddar cheese
- 1 tbsp (15 ml) finely chopped green onion
- 1 egg, beaten
- 2 tbsp (30 ml) milk

- **Instructions**

- Step 1 Toss bread with ham, tomato, cheese and green onion. Transfer to a microwave-safe mug. Whisk egg with milk; pour over filling.
- Step 2 Microwave on High (100%) for 60 seconds; let stand for 10 seconds. Microwave on High (100%) for an additional 60 seconds or until set.

Serves: 1 Time to prepare: 5 min Time to cook: 2 min

Use any of your favourite meat, veggies, and cheese to have a different breakfast each morning.