




Toaster Bag Omelet

Makes 1 Serving



Nutrients Per Serving:

110 Calories | 6g Fat (2g Saturated) | 2g Carbohydrates | 0g Added Sugar | 11g Protein | 300 mg Sodium | 0g Fiber

Equipment Needed

 <p>Toaster bags</p>	 <p>2 Coffee mugs</p>	 <p>Fork</p>	 <p>Toaster</p>
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Ingredients Needed

 <p>1 or 2 eggs</p>	 <p>Optional add-in: large pinch shredded cheese</p>	 <p>Optional add-in: large pinch fresh or frozen chopped peppers</p>	 <p>Optional add-in: large pinch precooked sausage crumbles</p>
 <p>Optional add-in: large pinch fresh or frozen chopped onions</p>			

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Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Place a toaster bag in a mug. Break 1 or 2 eggs into another mug and stir with a fork until well mixed.</p>	<p>3</p>  <p>If desired, add a large pinch of: shredded cheese, pre-cooked protein, chopped onion, and/or chopped green pepper.</p>	<p>4</p>  <p>Pour the egg mixture into the toaster bag.</p>
<p>5</p>  <p>Set the toaster to the highest setting. Put the toaster bag with the egg mixture in the toaster, then start the toaster. Cook for about 5 minutes. Note: You will have to restart the toaster a few times in order to fully cook the omelet.</p>	<p>6</p>  <p>Check your omelet after 5 minutes to make sure there is no liquid remaining. Caution: The top of the bag will not be hot, so be careful lifting the bag out of the toaster! If liquid remains, place the bag back in the toaster adding 1 minute at a time until done.</p>		