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Spinach and Cheddar Microwave Frittata in a Mug

Ingredients

- 1/2 cup fresh spinach, chopped or frozen spinach, thawed, and drained
- 1 egg
- 1/3 cup milk
- 1/3 cup shredded cheddar cheese
- 1 slice cooked turkey bacon, chopped (optional)
- Salt and pepper, to taste

Directions

1. If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly. If using frozen spinach, make sure it is completely thawed and drained and add it to the mug.
2. Crack the egg into the mug with the spinach and add the milk, cheese, bacon (optional), salt, and pepper. Mix until thoroughly combined.
3. Cover with a paper towel and microwave on high for 3 minutes, or until fully cooked.

Nutrition Fun Facts, Tips & Tricks

- This veggie-packed frittata is a great meal to start the day! It will keep you full for the morning as it is very high in protein. Convenient recipe for just one person on-the-go or double the recipe for more than one person.

Recipe adapted from [Bowl of Delicious](#)



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