**Chicken & Egg in a Mug** [Developed for CFC by Nancy Guppy, RD, MHSc](http://nancyguppy.com/)

Chicken.ca Chicken Farmers of Canada

In a hurry many mornings? Try this protein packed “breakfast for one” cooked in a coffee mug by the microwave oven. Serve with whole-grain toast for a complete meal. How simple is that? Portable too!

Ingredients  Serves: 1 Prep Time: 5 min  Cook Time: 5 min

2.5 ml (1/2 tsp) Olive oil or non-stick vegetable spray

60 g (2 oz) Cooked chicken, diced

1 Medium egg

30 ml (2 tbsp) Hard cheese, shredded

30 ml (2 tbsp) Salsa, low sugar

15 ml (1 tbsp) Chives, fresh, sliced + any other fresh herbs you like

Instructions

1. Coat the inside of a mug with olive oil or non-stick vegetable spray.
2. Add diced cooked chicken. Beat egg in a bowl with fork. Pour into mug.
3. Top with grated cheese. Microwave for 1 1/2 minutes (90 seconds) on HIGH power or until egg puffs up and cooks through but is not dry. Timing will vary with different microwaves.
4. Top with your favourite salsa, chives and fresh herbs and serve.

Nutrition Info Per 155 g serving Amount

* Calories 240: Protein 28g, Fat13g, Saturated Fat 5g, Carbohydrate 3g
* Fibre1g, Sugar 1g, Cholesterol 225 mg, Sodium 380 mg
* Per 155 g serving% Daily Value
* Potassium12 Calcium 15 Iron 6 Vitamin A 6 Vitamin C 4
* Vitamin B6 25 Vitamin B12 41 Folate 3 Magnesium 12 Zinc 17