**Omelet in a mug**

Ingredients

* 2 large eggs
* ¼ cup leafy greens
* 2 Tb cheddar cheese, shredded
* Salt and black pepper
* 1-2 packets butter

Directions

1. Use vegetable spray to coat the inside of the mug. Can also use margarine to lightly spread inside the bottom and sides of the mug.
2. Crack eggs into mug and gently beat until blended.
3. Shred leafy greens into small pieces.
4. Mix cheese and leafy greens into eggs and gently stir.
5. Cook for 1 minute in microwave on medium-high (heat level 6-8).
6. Stir and microwave for an additional 30-60 seconds or until thoroughly cooked.
7. Sprinkle with salt and pepper, if desired.