

Cheesy Egg Cup

½ cup egg substitute

1 wedge Laughing Cow® Light Original Swiss Cheese

Spray a large microwave-safe mug with nonstick spray. Add egg substitute and cheese (cut into pieces) and stir. Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until the egg is set. Makes one serving.

Nutrition information per serving: 95 calories, 15 grams protein, 2 grams fat, 3 grams carbohydrate, 490 mg sodium.