Fried Rice:

Ingredients-
• ¾ cup frozen mixed vegetables
• ¾ cup cooked brown rice
• 4 teaspoons soy sauce (use reduced sodium for a healthier twist)
• 1/8 teaspoon ground ginger
• 1/8 teaspoon garlic powder
• 1 egg

Instructions-
• Pour the veggies into a large mug. Microwave for 60 seconds until defrosted.
• Add ginger, garlic and soy sauce to the mug. Stir to combine.
• Add the brown rice and egg to the mug, and stir thoroughly until all the ingredients are combined.
• Microwave the mug for another 90 seconds until the egg is firm. Remove from the microwave, stir and serve.

Breakfast Omelet:

Ingredients-
• 2 eggs
• 1 tablespoon milk
• 1 ounce cheese
• 1 ounce meat (or tofu)
• Vegetables of choice

Instructions-
• Spray the inside of the mug with cooking spray to prevent sticking.
• If using vegetables, place desired amount in mug for 60 seconds.
• Drop in the eggs and milk, do not stir (unless you want scrambled eggs). Microwave for 60 seconds (or less).
• Remove mug, add cheese and meat. Stir to combine everything together.
• Place back in microwave and cook for an additional 30 seconds, stir and serve.

More on back! →
Brown Rice with Edamame & Pineapple:

**Ingredients**
- ½ cup instant brown rice
- 2/3 cup water
- 1/3 cup frozen shelled edamame
- ¼ cup diced pineapple (drained of juice)
- 1 tablespoon teriyaki sauce
- 2 tablespoons chopped cashews
- Optional: hot pepper sauce, sliced green onions, chopped mint, or cilantro

**Instructions**
- In a mug, combine rice and water.
- Place edamame on top.
- Cover with a small plate. Microwave for 5-6 minutes or until most of the water is absorbed.
- Remove from microwave and let stand (still covered with plate) for 60 seconds to absorb remaining water.
- Stir in pineapple and teriyaki sauce.
- Microwave (uncovered) for 30-45 seconds or until pineapple is heated through.
- Let stand for 30 seconds. Add any optional ingredients desired and cashews. Stir and serve.

Tofu Scrambler:

**Ingredients**
- ⅛ block firm tofu (crumbled)
- 1 tablespoon soy sauce (use reduced sodium for a healthier twist)
- ¾ cup nutritional yeast
- ½ tablespoon lemon juice
- 1 bunch of spinach
- 1 handful of chopped mushrooms
- Seasonings (salt, pepper, garlic powder, and turmeric)

**Instructions**
- Mix all ingredients together and microwave for 1-2 minutes.
- Stir and serve!