

# Mason Jar Omelets

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## Ingredients

- nonstick cooking spray
- 4 large eggs
- 50g cheddar, grated
- 1/2 Onion, finely chopped
- 75g ham, diced
- 1 red pepper, chopped
- salt
- black pepper
- 1 tbsp. freshly chopped chives

## Method

1. Grease two 500ml mason jars with nonstick cooking spray.
2. Crack two eggs into each jar.
3. Divide cheese, onion, ham, and pepper between the two jars and season with salt and pepper.
4. Place lids on jars and shake until eggs are scrambled and ingredients are combined.
5. Remove lids and place in the microwave.
6. Microwave on low for 4 minutes, checking every 30 seconds.
7. Garnish with chives and serve.