



# veggie omelet

SERVES: 1

PREP: 10 MIN.

## ingredients

1 tsp. olive oil

1 cup chopped vegetables: onions, green pepper, mushrooms, tomato, etc.

2 egg whites or  $\frac{1}{4}$  cup egg substitute

1 T. skim milk

$\frac{1}{2}$  oz. low-fat cheddar cheese

Salt and pepper, to taste

## preparation

- Drizzle olive oil into a nonstick frypan and sauté the vegetables over medium heat.
- While the vegetables are cooking, beat eggs and milk in a small bowl.
- Pour the egg mixture over the vegetables and cook until set.
- Sprinkle cheese on top, season to taste, and serve.

## tips

Use 1 whole egg instead of whites or egg substitute.

Add 1 oz. chopped lean ham or Canadian bacon to egg mixture to make a Western omelet. Adds 1 Protein Exchange.

**EXCHANGES:** 2 protein, 2 fat, 1 vegetable

**NUTRITIONALS:** 187 calories, 15 g protein, 11 g fat, 6 g carbs