



Farmers Market Omelets

1 serving = 1/2 omelet

INGREDIENTS

Filling

- 1/2 cup sliced mushrooms
- 1/4 cup chopped red bell pepper
- 1/2 cup thinly sliced yellow summer squash
- 2 tablespoons water
- 1/2 cup thinly sliced zucchini

Omelet

- 4 large eggs
- 1/4 cup water
- 2 teaspoons grated, fat-free Parmesan cheese
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon garlic powder
- 2 teaspoons canola oil (divided)

DIRECTIONS

1. Combine filling ingredients in 6 to 8-inch nonstick omelet pan or skillet. Cook and stir over medium heat until water has evaporated and vegetables are crisp-tender, 3 to 4 minutes. Remove from pan; keep warm. Clean pan.
2. Beat eggs, 1/4 cup water, cheese, basil and garlic powder in medium bowl until blended. Heat 1 teaspoon canola oil in same pan over medium-high heat until hot. Tilt pan to coat bottom. Pour in 1/2 of the egg mixture. Mixture should set immediately at edges.
3. Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
4. When top surface of eggs is thickened and no visible liquid egg remains, Place 1/2 of the filling on one side of the omelet. Fold omelet in half with turner and Slide onto plate; keep warm. Repeat with remaining canola oil, egg mixture and filling to make second omelet. Serve immediately.

NUTRITION ANALYSIS	(PER SERVING)
Calories	115
Total Fat	8 g
Saturated Fat.....	2 g
Trans Fat.....	0 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	3.5 g
Cholesterol.....	187 mg
Sodium.....	95 mg
Carbohydrates.....	3 g
Fiber.....	1 g
Sugars.....	1 g
Added Sugars	0 g
Protein.....	7 g
Dietary Exchanges: 1 1/2 fat, 1 lean meat	

This recipe from the American Egg Board's Egg Nutrition Center is an American Heart Association Heart-Check Certified Recipe

