

SPANISH OMELET

National Diabetes Education Program

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true#page3>

Ingredients

- 5 small potatoes, peeled and sliced
- Vegetable cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1 ½ cups green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- Pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 Tbsp. low-fat parmesan cheese

Instructions

1. Preheat oven to 375 degrees F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add vegetable spray and warm at medium heat.
4. Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
6. In a 10 inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20-30 minutes.
7. Remove omelet from over, cool for 10 minutes, cut into five pieces.

Makes 5 servings. Serving size: 1/5 of omelet

Nutritional information per serving (1/5 of omelet)

Calories: 260

Total fat: 10g

Saturated fat: 3.5g

Sodium: 240mg

Total carbohydrate: 30g

Cholesterol: 135 mg

Dietary fiber: 3g

Protein: 16g

