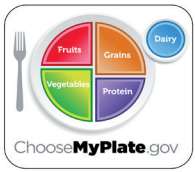


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BROCCOLI OMELET

Compared to its traditional counterpart, this better-for-you omelet is lower in fat and cholesterol but not short on flavor. Folded in the middle is a vibrant mix of broccoli florets, red bell pepper, mushrooms, and melted reduced-fat cheese.

Preparation time: 20 minutes

Serves: 4

INGREDIENTS:

- 3 cups broccoli florets
- 1 large red bell pepper, cut into strips
- 16 button mushrooms, sliced
- Cooking spray
- 4 eggs, plus egg whites from 8 eggs
- ¼ cup milk, fat-free
- ½ cup ricotta cheese
- 2 tbsp grated parmesan cheese
- ⅛ tsp salt
- ⅛ tsp pepper

DIRECTIONS:

1. Cut vegetables as directed.
2. Whisk eggs and milk in a medium mixing bowl.
3. Spray 10-inch non-stick skillet with cooking spray; heat.
4. Add broccoli, peppers, and mushrooms; sauté about 3-5 minutes, then remove from pan.
5. To cook one omelet: Use cooking spray as needed. Add ¼ of the egg-milk mixture to hot skillet, and let spread to cover bottom of pan. When egg begins to thicken on top, sprinkle with ¼ of the parmesan cheese. Dab ½ of the omelet with ricotta cheese; spread a portion of the vegetable mixture. Fold the other ½ of omelet over the vegetables and let cook about 1 more minute. Slide onto plate. Season lightly with salt and pepper.






Repeat step 5 to cook all omelets.

Garnish omelets with remaining vegetable sauté mix.

Serving Suggestions:

Serve with ½ slice melon and ¼ slice whole-wheat toast.



Food Group Amounts	
 Dairy	¼ cup
 Fruits	--
 Vegetables	2 cups
 Grains	--
 Protein	2.5 oz

Nutrition Facts	
Serving Size 332 g	
Amount Per Serving	
Calories 190	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 350mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 22g	
Vitamin A 60%	Vitamin C 170%
Calcium 15%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

