



## Spring Vegetable Omelets

Serves 2 - 4



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| 4 medium eggs  | 2 cups fresh chopped spinach  |
| 2 spears of asparagus (stemmed, cooled,<br>and cut into 1/2" pieces) | 2 Tbsp. low-fat shredded cheese<br>(such as swiss, cheddar, or provolone) |
| 2 sliced scallions (separate white & green parts)                    | 2 tsp. olive oil  |
| 1 tsp. fresh garlic, minced  | Salt & Pepper (to taste)  |

Crack eggs into a bowl, add salt and pepper, and beat well. Heat 1 tsp. of oil in a non-stick skillet. Add half of scallions (white parts only), asparagus, and garlic. Saute lightly. Add half of egg mixture and spinach. Loosen omelet in pan with a rubber spatula and flip it. When eggs are fully cooked, remove omelet from pan and place on plates. Top with cheese and fold them in half - the heat from the hot eggs will melt the cheese. Repeat cooking process with remaining ingredients.

**Hint:** Smaller omelets will be easier to flip.

**Optional:** Add different vegetables, such as broccoli, red and green peppers, mushrooms, tomatoes, black olives, etc.

Nutrition Facts	
Serving Size (375g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 43g	
<b>Protein 8g</b>	
<b>Vitamin A 6%</b>	<b>Vitamin C 220%</b>
<b>Calcium 25%</b>	<b>Iron 4%</b>
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	