



Broccoli Omelet

Serves: 4

Ingredients:

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



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.





Nutrition Facts: Calories, 180; Calories from fat, 60; Total fat, 7g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 195mg; Sodium, 350mg; Total Carbohydrate, 12g; Fiber, 3g; Protein, 22g; Vit. A, 60%; Vit. C, 170%; Calcium, 15%; Iron, 10%.

Source: www.choosemyplate.gov



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