



Vegetable Omelet

4 Servings • 1 Serving = 2 Ounces Egg with ½ Cup Vegetable Filling

INGREDIENTS

- 8 large eggs, beaten
- 2 Tablespoons milk
- 2 cups vegetables
- Nonstick cooking spray
- 2 teaspoons butter
- 2 Tablespoons parmesan cheese
- Salt and pepper to taste

DIRECTIONS

1. Combine eggs and milk. Season well with salt and pepper.
2. In a sauté pan, on medium heat, cook 2 cups of your favorite vegetables. Set aside.
3. Heat a nonstick 8-inch pan over medium-low heat. Spray well with nonstick cooking spray and add ½ teaspoon butter. Let butter melt and then pour 2 ounces of eggs (about 2 eggs). Tilt pan to evenly distribute the eggs. Stir gently for 30 seconds as the eggs start to set, then spread over the bottom of the pan in an even layer. Sprinkle with parmesan cheese.
4. Spread ½ cup vegetables on one side of the eggs. When the eggs are just set and a little runny, fold the side of the egg without the filling over the side with the filling.

Nutrition Facts	
4 servings per container	
Serving size 2 Ounces Egg with 1/2 Cup Vegetable Filling	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 0mg	0%
Potassium 117mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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