



Spring Time Omelet

Courtesy Chef Bryan Woolley

1 cup egg beaters
2 tbsps skim milk
1 cup chopped vegetables (your choice)
Broccoli
Bell Peppers
Carrots
Green Onions
1/4 cup diced ham
2 tbsps parmesan cheese
1/4 cup flour
1/2 tsp baking powder
salt and freshly cracked pepper
Extra Virgin Olive Oil

1. Bring to boil in a large sauté pan some salted water.
2. Blanch vegetables for about 30 seconds, remove and rinse with cold water. Blot dry with a paper towel and set aside until ready to use.
3. In a large bowl add egg beaters, skim milk, flour and baking powder. Mix together.
4. Add remaining ingredients and mix together.
5. Heat a 9 inch sauté pan. Add about 1 tbsp extra virgin olive oil and make sure the bottom of the pan is nicely coated.
6. Add egg mixture and cook for about 1 minute.
7. Place pan into a 400 degree preheated oven (make sure your pan is oven safe) for about 10 minutes or until golden brown.
8. Remove and serve with whole wheat bread.

Makes 2 servings

Nutritional Analysis

Calories	289
Total Fat	10g
Saturated Fat	3g
Cholesterol	15mg
Sodium	671mg
Carbohydrates	26g
Protein	25g

Diabetic Exchanges

Protein	3.5
Fat	2
Carbohydrate	2

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