Vegetable Omelet

Source: eatingwell

Enjoy this veggie omelet for breakfast or a post-workout snack. Pair it with potatoes or a slice of whole wheat toast for a complete meal.

SERVINGS: 4 PREPPING TIME: 30 MN COOKING TIME: 30 MIN

Ingredients

- 1/2 cup no-salt-added diced tomatoes with basil, garlic, and oregano, well drained
- 1/2 cup cucumber, chopped and seeded
- 1/2 cup chopped yellow summer squash
- 1/2 ripe avocado, pitted, peeled, and chopped
- 2 eggs
- 1 cup refrigerated or frozen egg product, thawed

- 2 tablespoons water
- 1 teaspoon dried basil, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- Nonstick cooking spray
- 1/4 cup shredded reduced-fat Monterey Jack cheese with jalapeno chile peppers
- 1 snipped fresh chives

Nutrition Facts	
4 Servings **Serving Size**	**1 of recipe**
Amount per serving **Calories**	**128**
Total Fat	6.1g
Saturated Fat	1.9g
Cholesterol	96.8mg
Sodium	357.5g
Total Carbohydrates	6.7g
Dietary Fiber	3.5g
Total Sugars	4.1g
Protein	12.3g
Potassium	341.1mg

Directions

1 Stir

For filling, in a medium bowl stir together tomatoes, cucumber, squash and avocado. Set aside.
In a medium bowl whisk together eggs, egg product, water, basil, salt and pepper.
For each omelet, coat an 8-inch nonstick skillet generously with cooking spray. Heat skillet over medium heat. Add a generous 1/3 cup of the egg mixture to hot skillet.

2 Wisk

Immediately begin stirring eggs gently bit continuously with a wood spatula until mixture resembles cooked egg pieces surrounded by liquid egg. Stop stirring. Cook for 30 to 60 seconds more or until egg is set but shiny.

3 Cook

Spoon 1/2 cup of the filling over one side of omelet. Carefully, fold omelet over the filling. Very carefully remove omelet from skillet. Repeat to make 4 omelets total, using paper towels to whip skillet clean and spraying with cooking spray between omelets. Sprinkle 1 tablespoon of cheese over each omelet.

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