



Spring Time Omelet

Serves 2

1 cup egg beaters
2 Tbsp skim milk
1 cup chopped vegetables (your choice) Broccoli Bell Peppers Carrots Green Onions
1/4 cup diced ham
2 Tbsp 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. Blanche 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.

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
Carbohydrates	2