

Fresh Herb Omelet

INGREDIENTS:

1 T	olive oil
1 C	diced red bell pepper
1 C	fresh sliced mushrooms
1 C	scallions, sliced
2	garlic cloves, minced
4 slices	whole wheat bread, crusts removed
1 C	1% fat cottage cheese
4	eggs
8	egg whites
¾ C	evaporated skim milk
1 T	fresh basil, minced
1 T	fresh rosemary, minced
1 T	fresh parsley, minced
2 t	fresh chives, minced
	ground pepper and salt, to taste

DIRECTIONS:

Preheat oven to 350 degrees F. Heat oil in skillet over medium high heat. Saute the pepper, mushrooms, and scallions for 6 minutes. Add garlic and sauté 3 more minutes. Place bread slices in large casserole dish. Combine the remaining ingredients and pour egg mixture on top of bread. Add the cooked vegetables. Bake for 25-40 minutes until the omelet is slightly puffed and set.

Makes 6 servings
Calories: 225/serving

NUTRITIONAL INFORMATION PER SERVING:

19g protein
18g carbohydrates
9g fat
477mg sodium
144mg cholesterol
2g fiber