

Southwestern Style Omelet

INGREDIENTS:

2 T fresh cilantro, chopped
4 ea. egg whites
1 ea. whole egg
1/2 C black beans, canned, reduced sodium, drained
1/4 C green onions, chopped
2 T shredded, reduced fat Monterey Jack cheese
2 T salsa (mild or hot)

DIRECTIONS:

Combine first 4 ingredients in a bowl and whisk. In a separate bowl combine beans, cheese, and green onions. Heat a medium size non stick skillet coated with cooking spray over medium heat. Pour egg mixture into the pan. Let egg set. Tilt pan and lift edges of omelet with spatula; allowing the uncooked portion of the egg to flow underneath the cooked portion. Cook 3 minutes and then flip omelet. Spoon bean, onion and cheese mixture onto half of the omelet. Carefully loosen omelet with a spatula and fold in half. Cook another minute or so. Slide omelet on to a plate and top with salsa. Cut in half for two portions.

Makes 2 servings. Serving size is 1/2 omelet
Calories: 157

NUTRITIONAL INFORMATION PER SERVING:

17 g protein
12 g carbohydrates
5 g fat
448 mg sodium
114 mg cholesterol
3 g fiber

Estimated Food Group Serving Equivalents: 1/2 starch/bread, 2 lean meat, 1 fat