

# Sunny's Omelette and Bo's Patriotic Parfait

**Makes:** 2 Servings

"My little sister Caitlin was born with a serious heart problem and got a pacemaker at one day old," says Ava. "My mom, dad, and the doctors were worried, especially because she was a very picky eater, even as a baby! So, my dad and I work hard to create healthy, animal-shaped meals that Caitlin will eat—she loves animals! When my mom told me about this contest, my first thought was making a healthy meal that Caitlin would love, which meant a breakfast-at-lunch theme in the shape of Bo and Sunny Obama. A lot of my ingredients are from Pennsylvania, including the eggs, mushrooms, and fruit. It's shaped like Portuguese Water Dogs because what kid doesn't like breakfast for lunch in the shape of adorable dogs?"



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	578	
Total Fat	28 g	
Protein	35 g	
Carbohydrates	50 g	
Dietary Fiber	8 g	
Saturated Fat	8 g	
Sodium	334 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Fruits	1 1/4 cups
Vegetables	1 1/4 cups

## Ingredients

For the Omelettes:

**2 teaspoons** olive oil

**4 ounces** white mushrooms, sliced

**4 ounces** baby spinach

Sprig fresh thyme, or pinch dried thyme

Salt and freshly ground black pepper

**4** large eggs

**2 teaspoons** unsalted butter

Ketchup (optional)

For the Patriotic Parfait (not pictured):

**1 cup** nonfat plain Greek yogurt

**1 teaspoon** honey or maple syrup

**2/3 cup** favorite low-sugar granola

**6** strawberries, hulled and sliced

**1** medium apple, peeled, cored and sliced

**1/2 cup** blueberries

## Directions

- 1. To make the Omelette Filling:** In a large nonstick skillet, warm the olive oil over medium heat, add the mushrooms and thyme to the pan and cook for 3 minutes. Add the spinach, salt, and pepper to taste, and cook for 2 minutes, or until the spinach is wilted but still bright green. Transfer to a plate.
- 2. To make the Omelettes:** Break 2 eggs into a bowl, add salt and pepper to taste, and whisk with a fork. In the same pan you cooked the veggies in, melt 1 teaspoon of butter over medium heat. Add the eggs to the pan and as they cook, continuously lift and swirl the pan so that the liquid portion of the eggs goes all the way around the edge of the pan to form a circle. Continue cooking about 30 seconds more, then flip using a spatula. You can either add  $\frac{1}{2}$  the veggie filling now and fold the eggs over, or do as we do, and cook 30 seconds on the second side, slide the omelets from pan onto a plate, and top with the filling. Make the second omelets with the remaining teaspoon butter and two eggs. Cut omelettes into four dog shapes using a large cookie cutter or use any type of cookie cutter. Top each with half of the filling if you didn't do the traditional fill--and--fold method.

3. **To make Patriotic Parfaits:** In two flat bowls, divide the honey and yogurt, and stir to combine. Fill a cookie cutter—we used a dog shape—with granola. Surround with strawberries, apple, and blueberries.

The 2016 Healthy Lunchtime Challenge Cookbook