

Green Onion Omelet

Makes: 4 Servings

In the spring, in areas where they grow, wild onions can be used in place of green onions. Yellow or white onions work as well.

Ingredients

- 1 can** low-sodium sliced potatoes, drained (about 15 ounces)
- 1 tablespoon** vegetable oil
- 1** whole egg
- 3** egg whites
- 3 tablespoons** 1% low-fat milk
- 1/4 teaspoon** salt
- 1/2 cup** ham, diced
- 1/2 can** low-sodium tomatoes, drained (about 8 ounces)
- 1 tablespoon** green onion, chopped (or wild onion)

Directions

1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well
4. Stir in ham, tomatoes, and green (or wild) onions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	184	
Total Fat	7 g	
Protein	15 g	
Carbohydrates	16 g	
Dietary Fiber	3 g	
Saturated Fat	1.5 g	
Sodium	283 mg	

7. Cut the omelet into four pieces and serve.