

Broccoli Omelet

Rating: ★★★★★

Cook time: 20 minutes

Makes: 4 Servings

This omelet is lower in fat and cholesterol than a traditional omelet and stuffed with a vibrant mix of broccoli florets, red bell pepper, mushrooms and topped melted reduced-fat cheese.

Ingredients

- 3 cups broccoli florets
- 1 large red bell pepper (cut into strips)
- 16 button mushrooms (sliced)
- cooking spray
- 4 eggs
- 8 egg whites from 8 eggs
- 1/4 cup milk (fat-free)
- 1/2 cup ricotta cheese
- 2 tablespoons grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. Cut vegetables as directed.
2. Whisk eggs and milk in a medium mixing bowl.
3. Spray 10-inch non-stick skillet with cooking spray; heat.
4. Add broccoli, peppers, and mushrooms; sauté about 3-5 minutes, then remove from pan.

To cook each omelet:

1. Use cooking spray as needed.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	7 g	11%
Protein	22 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	350 mg	15%

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Vegetables	2 cups
Protein Foods	2 1/2 ounces
Dairy	1/4 cup

2. Add 1/4 of the egg-milk mixture to hot skillet, and let spread to cover bottom of pan.
3. When egg begins to thicken on top, sprinkle with 1/4 of the Parmesan cheese.
4. Dab 1/2 of the omelet with ricotta cheese and spread a portion of the vegetable mixture.
5. Fold the other 1/2 of omelet over the vegetables and let cook about 1 more minute.
6. Slide onto plate. Season lightly with salt and pepper.
7. Repeat steps 1-6 to cook all omelets.
8. Garnish omelets with remaining vegetable sauté mix.

Notes

Serving Suggestions: Serve with melon and whole-wheat toast.

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