

Spanish Omelet

This recipe can be enjoyed for any meal of the day. Spice it up with your favorite hot sauce.

Makes: 5 servings

Prep time: 30 minutes
Cook Time: 40 minutes

Source: ChooseMyPlate.gov

Ingredients

- 5 potatoes (small, peeled and sliced)
- 1 tablespoon olive oil (or vegetable cooking spray)
- 1/2 onion (medium, minced)
- 1 zucchini (medium, sliced)
- 1 1/2 cups green/red peppers (sliced thin)
- 5 mushrooms (medium, sliced)
- 3 eggs (whole, beaten)
- 5 egg whites (beaten)
- Pepper and garlic salt with herbs (to taste)
- 3 ounces part skim mozzarella cheese (shredded)
- 1 tablespoon Parmesan cheese

Directions

1. Preheat oven to 375°F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add oil or vegetable spray and warm at medium heat.
4. Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.
6. Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with Parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/5 of recipe

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 289 |
| Total Fat: | 10 g |
| Saturated Fat: | 3 g |
| Cholesterol: | 121 mg |
| Sodium: | 238 mg |
| Total Carbohydrates: | 35 g |
| Dietary Fiber: | 5 g |
| Total Sugars: | 4 g |
| Added Sugars: | 0 g |
| Protein | 17 g |

Utensils Needed

- Sharp knife
- Cutting board
- Pot
- Nonstick pan
- Measuring spoons
- Measuring cups
- Mixing bowl
- Whisk or fork to beat eggs
- Oven proof skillet or pie pan (10 inch)

SHOPPING LIST

Average total cost without oil and seasonings: \$16.78

Average cost/serving: \$3.36

Recipe Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 5 to cart
Small potatoes



Add 1 to cart
Mushrooms



Add 1 to cart
Onion



Add 1 to cart
Eggs, 1 Dozen



Add 1 to cart
Zucchini



Add 1 to cart
Part skim mozzarella cheese (shredded)



Add 1 to cart
Green bell pepper



Add 1 to cart
Parmesan cheese



Add 1 to cart
Red bell pepper

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- You can use any combination of your favorite veggies, or include beans for added protein.