

## Broccoli, Tomato & Cheese Omelet



### Ingredients:

- 1 cup of broccoli florets, chopped finely
- ¼ cup shallots, minced
- ¼ cup diced tomatoes
- 1 tbsp. water
- cooking spray
- 1 cup egg substitute
- 4 oz. low fat cheese, diced
- salt and pepper to taste

### Directions:

1. In a small saucepan spray cooking spray and add tomato, broccoli and shallots until soft. Simmer.
2. In a medium skillet, heat cooking spray and pour in egg substitute, swirl to coat entire saucepan.
3. Place ¼ diced cheese on one half of the omelet and add 2 tablespoons of vegetable mixture.
4. Fold over omelet and sprinkle the top cheese.
5. Cover sauce pan and let simmer for 1 minute or until cheese melts. Add salt and pepper to taste.
6. Respray skillet for the remainder of the omelets.

### Nutrition Information:

Serving size\*: 1 omelet

Servings per recipe: 4

Calories per serving: 130

Total fat per serving: 4g

Total protein per serving: 15g

Total carbohydrates per serving: 5g

### Nutritional Benefits:

Egg substitute is a great low fat, low cholesterol substitute for traditional eggs.

\*Serving size that is suggested for post-operative bariatric patients

Recipe Adapted from Levine, P., & Bontempo-Saray. (2004) Broccoli and Cheese Omelet.. *Eating Well After Weight Loss Surgery*. New York. NY: Marlowe & Company

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