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Skinny Omelet with Ham and Cheese*

Makes 1 serving . Recipe adapted from AARP.

Ingredients

- 1 teaspoon oil
- 1/2 cup egg substitute such as Egg Beaters
- Ground black pepper
- 2 teaspoons chopped fresh parsley
- 2 teaspoons thinly sliced scallions
- 1 slice reduced-fat Swiss cheese, cut into small dice
- 1 ounce extra-lean ham, cut into small dice

Nutritional info per serving

Calories:	199
Total fat:	9g
Cholesterol:	29 mg
Sodium:	573mg
Total Carbs:	3g
Dietary Fiber:	0g
Protein:	27g
Potassium:	416mg

Directions

1. Heat oil in an 8-inch nonstick skillet over low heat while preparing ingredients. Beat egg substitute with pepper, parsley and scallions.
2. A couple of minutes before cooking, increase temperature under skillet to medium-high. When wisps of smoke start to rise from the pan, swirl oil around to completely coat.
3. Add egg mixture to the skillet and let stand for 10 to 15 seconds for bottom to set. Using a plastic or wooden spatula to push back the eggs that have set every several seconds, tilt pan so that the uncooked egg substitute runs into the empty portion of the skillet. Continue pushing back cooked eggs and tilting pan until omelet top is wet, but not runny.
4. Turn heat to low and sprinkle on cheese and ham. Fold one-half of the egg mixture over the other; let stand a few minutes to warm through. Serve.

*Photo does not accurately represent actual recipe.