

Quick & Yummy Omelets

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 1 teaspoon canola oil, divided
- 2 small eggs
- 2 tablespoons 1% milk
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup filling, such as onions, spinach, tomatoes, peppers or other vegetables, chopped
- 1/4 cup low-fat shredded cheese

*This recipe is higher in sodium. Try to limit sodium in other things you eat or drink today.

Nutrition Facts

1 servings per container	
Serving size	(153g)
Amount per serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 290mg	97%
Sodium 670mg	29%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 2mcg	10%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 246mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Directions

- Heat 1/2 teaspoon canola oil in a skillet over medium heat. Cook vegetables until tender. Remove from pan and set aside.
- Whisk eggs, milk, pepper, and salt in a bowl until blended.
- Heat remaining canola oil in skillet over medium-high heat. Pour in egg mixture. Gently push cooked portions from the edges toward the center with the spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan, and gently moving cooked portions as needed.
- When the top surface of eggs has thickened and no visible liquid remains, place filling and low-fat shredded cheese on half of the omelet. Fold omelet in half with spatula, covering the filling, and slide onto a plate.

(Recipe adapted from: <https://www.ag.ndsu.edu>.)

Quick Tips

- ▶ Use your favorite vegetables and low-fat shredded cheese to create your own omelet variation.
- ▶ Add a slice of whole-wheat toast on the side.
- ▶ Omelets are great for a quick dinner on busy nights.

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This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).



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