

BUILD YOUR OWN Omelet

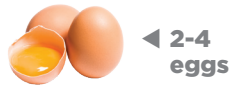
Choose from your favorite ingredients and make it your own!

Prep Time: 10 minutes

Total Time: 15 minutes



START WITH



◀ 2-4
eggs



◀ 2 tablespoons
low-fat milk



◀ salt and
pepper

PROTEIN



1/2 cup cooked beans



3 ounces ham



3 ounces chicken

VEGETABLE



1 cup loosely
packed greens



1/2 cup sliced
mushrooms



1/2 cup diced
peppers



1/2 cup diced
tomato

TOPPING



2 tablespoons
reduced fat cheese



1 tablespoon
hot sauce or salsa



1 tablespoon
avocado or guacamole

SEASONING



1/2 teaspoon
thyme



1/2 teaspoon
salt-free seasoning



1/2 teaspoon
chives



1/2 teaspoon
garlic powder

Directions:

- Heat 1 teaspoon olive oil in a skillet over medium heat. Cook vegetables until tender. Remove from pan and set aside.
- Whisk eggs, milk, salt, and pepper in a bowl until blended.
- Heat 1 teaspoon olive oil in the 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 on half of the omelet. Fold omelet in half with spatula, covering the filling, and slide onto a plate.
- Serves 2.

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