

## Vegetable Egg White Omelet - 2 servings

6 egg whites  
½ green pepper, diced  
½ large tomato, diced  
½ cup chopped Portabella mushrooms  
1 cup spinach leaves  
2 oz of 2% Milk Sharp Cheddar Shredded Cheese  
Extra Virgin Olive Oil  
Pam  
Recipe: 368 Calories, 39 Pro, 12 Cho, 18 Fat, 708 Na  
Serving: 184 Calories, 19 Pro, 6 Cho, 9 Fat, 354 Na



Sarah Rush & Amber Houston



Start by hopping all of your fresh vegetables. Use ½ diced green pepper, ½ diced large tomato, ½ cup chopped portabella mushroom, and 1cup spinach leaves. You can use other vegetables as well. Add 2 tablespoons of extra virgin olive oil to a pan at medium/high heat. Add the vegetables to the pan and sauté for 4-5 minutes.

While the vegetables are sautéing, separate the yolks from the whites of 6 eggs. When vegetables are finished, spray another pan, at medium heat, with Pam. Now, add 3 egg whites. They should cover the bottom of the pan. Top the eggs with half of the vegetables and half of the cheese.

Fold the omelet in half and let sit for 30 seconds. Flip and let set for another 30 seconds.

Repeat with remaining ingredients to make a second omelet.

~Voila