



Loaded Vegetable Omelet

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 1 serving | Serving Size: 1 omelet

Ingredients

- 3 large eggs
- 3 tablespoons lowfat (1%) milk
- ¼ teaspoon ground black pepper
- 1 teaspoon olive oil
- ⅓ cup finely diced onion
- ⅓ cup finely diced mushrooms
- ⅓ cup finely diced bell pepper
- Nonstick cooking spray
- 2 tablespoons shredded reduced-fat (2%) cheese

Directions

1. Crack the eggs into a small bowl. Add the milk and black pepper. Whisk with fork until combined, then set aside.
2. Heat a 10-inch nonstick skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the onion, mushrooms, and bell pepper. Cook, stirring often, until tender and lightly browned, about 3-5 minutes.
5. Transfer the vegetable mixture to a plate and set aside.
6. Spray the pan with nonstick spray and return the pan to the stovetop. Reduce the heat to medium-low.
7. Add the egg mixture to the pan and cover the pan with a lid.
8. Allow the eggs to cook, without stirring, until firm but still moist, about 2-4 minutes.
9. Remove the lid and sprinkle the vegetable mixture and cheese over one half of the cooked eggs.
10. Fold the other half of eggs over the vegetables and cheese.
11. Turn off the heat and cover the pan with the lid until the cheese is melted, about 2-3 minutes, then serve warm.

Recipe Notes

- Substitute any of your favorite fresh or leftover vegetables, or add cooked lean meat and beans if desired.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 22 g | Saturated Fat: 6.5 g
Sodium: 400 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 28 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs