

I came across these recipes while looking through a new magazine, called Taste of Home's "Light & Tasty", while I was in the therapist's office the other day. They sounded good, so I thought I would print them here.

VERY VEGGIE OMELET

Taste of Home's Light & Tasty

7/20/2002

1 small onion, chopped
¼ cup chopped green pepper
1 tbsp butter or stick margarine
1 small zucchini, chopped
¾ cup chopped tomato
¼ tsp. Dried oregano
1/8 tsp pepper
4 egg whites
¼ cup water
¼ tsp cream of tartar
¼ tsp. Salt
¼ cup egg substitute
½ cup shredded reduced fat cheddar cheese, divided.

In a large nonstick skillet, sauté onion and green pepper in butter until tender. Add the zucchini, tomato, oregano and pepper. Cook and stir for 5-8 minutes or until vegetables are tender and liquid is nearly evaporated. Set aside and keep warm. In a mixing bowl, beat egg whites, water, cream of tartar and salt until stiff peaks form. Place egg substitute in another bowl; fold in egg white mixture.

Pour into a 10" ovenproof skillet coated with nonstick cooking spray. Cook over medium heat for 5 minutes, or until bottom is lightly browned. Bake at 350° for 9-10 minutes or until a knife inserted near the center comes out clean. Spoon vegetable mixture over one side; sprinkle with half of the cheese. To fold, score middle of omelet with a sharp knife; fold omelet over filling. Transfer to a warm platter. Sprinkle with remaining cheese. Cut in half to serve.

Yield: 2 servings.

Nutritional analysis: One serving (half an omelet) equals 197 calories, 9 g fat (5 g saturated fat), 21 mg cholesterol, 639 mg sodium, 10 g carbohydrate, 2 g fiber, 19 g protein, Diabetic Exchanges: 2-1/2 lean meat, 2 vegetable.