

Cheese Omelet

1 Tablespoon margarine
1 cup (6 Tablespoons) water
1/2 cup chopped vegetables such as green pepper, onion, cooked broccoli, or cooked potatoes

6 eggs
1/2 cup shredded cheese

Heat margarine in large, heavy fry-pan over medium heat. Beat eggs until foamy. Stir in water. Pour into hot pan. Sprinkle vegetables and cheese evenly over the top. Cook over low heat. Lift edges and tip pan, as needed, to let uncooked mixture flow underneath. Cook until set for 12 to 15 minutes.

Serving Suggestion: Cheese Omelet is a recipe that has a high percent of its calories from fat. To lower the percent of fat in the meal, serve Cheese Omelet with 1 cup butter-flavored grits, a slice of bread (with jelly is desired), and a sliced tomato per person.

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Nutrition Facts

Servings Per Recipe 6
Amount Per Serving

Calories 132	69% of total calories from fat
TotalFat 10g	Sodium 143mg
*Vitamin A 14%	*Vitamin C 18%
*Calcium 10%	*Iron 4%

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
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