

Broccoli, Cheese and Ham Omelet

½ cup broccoli florets, cut into small pieces

½ cup egg substitute

¼ cup sharp cheddar cheese, shredded

¼ cup lean ham, chopped

Wash broccoli florets and place in small saucepan. Add just enough water to cover the bottom of the pan. Cover the pan and heat the broccoli over high heat, steaming for 2-3 minutes. Drain and set aside to cool.

Place seasoned omelet pan on burner set a little higher than medium heat. Let the pan preheat for 1 minute. Remove pan from burner. Pour egg substitute into pan and return to heat. As the egg begin to cook, gently begin to push the egg away from the edge of the pan and tilt the pan so uncooked egg runs into that spot. Work around the pan edge until the egg is no longer runny.

When the egg is almost done cooking, add the filling. Let the cheese melt. Fold the omelet in half and slide out of pan. Makes one serving.

Nutrition information per serving: 282 calories, 31 grams protein, 15 grams fat, 4 grams carbohydrate, 810 mg sodium.