

Colossal Mushroom Omelet



Makes:

1 serving

Utensil:

12" Chef's Gourmet Skillet
small mixing bowl
medium mixing bowl

Rate ★★☆☆☆

Recipe:

Contributed By:

Janet Potts, RD, LD
[Write a Review](#)

Recipe Description:

This vegetable omelet is a large and filling portion for just 176 calories. Start the day off right with a serving of vegetables as well as 15 grams of protein. Amazingly, no added fat is needed to make this omelet.

3 tablespoons
red bell pepper, seeded and chopped
(28 g)
3 tablespoons
green bell pepper, seeded and chopped
(28 g)
2 mushrooms, chopped
 $\frac{3}{4}$ teaspoon
fresh rosemary, chopped, or $\frac{1}{4}$ teaspoon dried (.3 g)
(.5 g)
 $\frac{3}{4}$ teaspoon
fresh thyme, chopped, or $\frac{1}{4}$ teaspoons dried (.3 g)
(.5 g)
 $\frac{1}{4}$ teaspoon
garlic, minced
(1 g)
 $\frac{1}{8}$ teaspoon
black pepper
(.3 g)
1 egg, beaten
 $\frac{1}{2}$ cup
egg substitute (or 4 egg whites)
(120 g)

mL)
 2 tablespoons
 milk, fat-free
 (30
 mL)
 2 teaspoons
 water
 (30
 mL)
 1 tablespoon
 mozzarella cheese, shredded, use Cone #1
 (7
 g)
 1 tablespoon
 Parmesan, Romano and Asiago cheese blend, grated
 (7
 g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, place red peppers, green peppers and mushrooms in skillet and sauté for 3 minutes.
2. Stir in rosemary, thyme, garlic and pepper. Sauté 1 minute longer. Transfer sautéed vegetables to plate or bowl.
3. Blend egg, egg substitute and milk in small bowl.
4. Wash skillet and heat again over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add egg mixture to skillet. Using a teaspoon, carefully drop water around edges of egg mixture. Cover immediately and reduce heat to low. Cook 2 - 3 minutes or until almost set.
5. Uncover and sprinkle vegetable mixture and cheese into center of omelet. Using a turner with a sharp edge, carefully lift $\frac{1}{3}$ of the omelet and fold over center to partially cover filling. Repeat with the opposite side.
6. Continue cooking, covered, approximately 1 minute or until fully set. Slide turner under omelet, tilt skillet and carefully lift omelet to serving plate.

Tips:

- In a hurry? Sauté vegetables the night before and refrigerate.

Nutritional Information per

▼ Serving

Calories: 176
Total Fat: 9g
Saturated Fat: 4g
Cholesterol: 221mg
Sodium: 245mg
Total 11g
Carbs:
Dietary Fiber: 4g
Sugar: 6g
Protein: 15g