

OMELET WITH SAUTÉED VEGETABLES

FOR MEN

Serves: 1

Prep: 10 minutes

Cook: 12 minutes

NUTRITION FACTS

Amount Per Serving

Calories	1033	Folate	306mcg
Protein (g)	67g	Thiamin	1mg
Carbohydrate (g)	130g	Riboflavin	2mg
Dietary Fiber	20g	Niacin	20mg
Total Sugars	56g	Calcium	407mg
Total Fat	31g	Potassium	2539mg
Saturated Fat	7g	Sodium	1522g
Polyunsaturated Fat	6g	Copper	1.3mg
Monounsaturated Fat	15	Iron	7mg
Cholesterol	205mg	Magnesium	262mg
Vitamin A	383mcg	Phosphorus	866mg
Vitamin B6	1.4mg	Selenium	131mcg
Vitamin B12	2mcg	Zinc	6mg
Vitamin C	129mg		
Vitamin D	1mcg		
Vitamin E	12mg		
Vitamin K	184mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

2 tbsp peanut butter, reduced fat	1/4 cup chopped avocado, raw
2 tbsp jam, preserves, marmalades, low sugar (all flavor)	1/2 cup pieces or slices portabello mushrooms, raw
3 regular slice bread, 100% whole wheat	1 dash (3/5 tsp) black pepper
1/4 cup shredded cheddar cheese, reduced fat	1 cup spinach, raw
1 cup egg white omelet, no fat added	3/4 cup sliced banana, raw
1 large Omega-3 enriched egg, raw	1/2 cup blueberries
1/2 cup chopped sweet red pepper, raw	1 mug (8 fl oz) coffee, regular

DIRECTIONS

1. In 8-inch nonstick skillet, heat oil over medium-high heat. Add red pepper, spinach, and mushrooms to non-stick skillet. Cook 2 minutes, stirring frequently, until red peppers and mushrooms are tender and spinach wilts. Remove vegetables from pan to small bowl.
2. In medium bowl, beat 1 whole egg, 1 cup of egg whites and black pepper with a whisk until well mixed. Reheat same skillet over medium-high heat. Quickly pour egg mixture into pan. Let stand over heat for approx. 1 minute to lightly brown the bottom of the egg mixture. Be careful not to overcook.
3. Put the cooked vegetable mixture over one half of the egg mixture and sprinkle cheese and avocado on top. Using a spatula, fold other half of eggs over the vegetables. Cook for 2-4 minutes. Carefully slide the omelet off the pan and onto a plate.
4. Put 3 slices of whole wheat toast into toaster. Spread on reduced fat peanut butter and low sugar jam (marmalade) on toast.
5. In a small bowl combine $\frac{3}{4}$ cup raw banana with $\frac{1}{2}$ cup blueberries and enjoy with a regular coffee.

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OMELET WITH SAUTÉED VEGETABLES

FOR WOMEN

Serves: 1

Prep: 10 minutes

Cook: 12 minutes

NUTRITION FACTS

Amount Per Serving

Calories	654	Folate	235mcg
Protein (g)	51g	Thiamin	1mg
Carbohydrate (g)	76g	Riboflavin	2mg
Dietary Fiber	11g	Niacin	13mg
Total Sugars	32g	Calcium	529mg
Total Fat	20g	Potassium	1987mg
Saturated Fat	5g	Sodium	1087mg
Polyunsaturated Fat	4g	Copper	0.9mg
Monounsaturated Fat	8g	Iron	5.7mg
Cholesterol	402mg	Magnesium	188mg
Vitamin A	438mcg	Phosphorus	837mg
Vitamin B6	1mg	Selenium	114mcg
Vitamin B12	3mcg	Zinc	5.2mg
Vitamin C	22mg		
Vitamin D	3mcg		
Vitamin E	14mg		
Vitamin K	153mcg		

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

2 regular slice bread, multigrain, reduced calorie or high fiber

1/4 cup shredded cheddar cheese, reduced fat

1 cup sliced banana, raw

3 tsp almonds, unroasted chopped

2 large Omega-3 enriched eggs, raw

1/2 cup egg white omelet, no fat added

1/2 cup pieces or slices portabello mushrooms, raw

1 dash (3/5 tsp) black pepper

1 cup spinach, raw

1/2 cup skim milk

1 mug (8 fl oz) coffee, regular

DIRECTIONS

1. In 8-inch nonstick skillet, heat oil over medium-high heat. Add portabello mushrooms and spinach to non-stick skillet. Cook 2 minutes, stirring frequently, until mushrooms are tender and spinach wilts. Remove vegetables from pan to small bowl.
2. In medium bowl, beat 2 whole egg, 1/2 cup of egg whites, ¼ cup skim milk and black pepper and whisk until well mixed. Reheat same skillet over medium-high heat. Quickly pour egg mixture into pan. Let stand over heat for approx. 1 minute to lightly brown the bottom of the egg mixture. Be careful not to overcook.
3. Put the cooked vegetable mixture over one half of the egg mixture and sprinkle cheese and almonds on top. Using a spatula, fold other half of eggs over the vegetables. Cook for 2-4 minutes. Carefully slide the omelet off the pan and onto a plate.
4. Enjoy with 2 slices of multigrain bread, 1 cup of sliced banana, 3 tsp of almonds, 1/4 cup of skim milk with 8oz coffee.

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