

# Spanish Omelet

## Ingredients

- 5 small potatoes, peeled and sliced
- Vegetable cooking spray
- 1/2 medium onion, minced
- 1 small zucchini, sliced
- 1 1/2 cups green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- Pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 Tbsp. low-fat parmesan cheese

## Directions:

Preheat oven to 375°F. Cook potatoes in boiling water until tender. In a nonstick pan, add vegetable spray and warm at medium heat. Add onion and sauté until brown. Add vegetables and sauté until tender but not brown. In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables. In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes. Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

## Reference:

National Diabetes Education Program. Tasty Recipes for People with Diabetes and Their Families. Available at: <http://www.ndep.nih.gov/publications/OnlineVersion.aspx?Ndepld=NDEP-51#page3>. Last update: September 2008. Accessed 2/10/10.

<b>Number of Servings: 5</b> <b>Serving Size: 1/5 of omelet</b>	
<b>Each serving provides:</b>	
Calories:	260
Total Fat:	10g
Saturated Fat:	3.5g
Trans Fat:	0g
Cholesterol:	135mg
Sodium	240mg
Total Carbohydrates:	30g
Dietary Fiber:	3g
Sugars:	3g
Protein:	16g