



**Recipe: Veggie Omelet**

**Servings: 1**

**Serving Size: 1 Omelet**

**Ingredients:**

1 tbsp. olive or vegetable oil

1 c. frozen fajita vegetables

1 egg + 2 egg whites

1/4 c. low-fat mozzarella cheese

**Directions:**

1. Heat oil in pan over medium heat.
2. Add frozen vegetables and cook until soft.
3. Add egg and egg whites, stir to mix with vegetables. Cook until done.
4. Top with cheese and let sit until melted.
5. Serve immediately.

**Nutrition for one serving:**

**Calories: 338 Total Fat: 25g Sat. Fat: 7g Sodium: 441mg**

**Carbohydrates: 6g Protein: 20g Fiber: 1g**