



eat well, anytime,
anywhere

Elmo's Vegetable-Garden Omelet

INGREDIENTS

- 3 large eggs*
- 2 tbsp. water
- $\frac{1}{8}$ tsp. salt
- 1 tbsp. butter or margarine
- $\frac{1}{4}$ onion, sliced
- $\frac{1}{2}$ cup mushrooms, sliced
- 1 cup fresh spinach
- $\frac{1}{2}$ cup tomatoes, diced
- $\frac{1}{4}$ cup low-fat Swiss cheese, shredded

INSTRUCTIONS

- » In a bowl, beat eggs, 2 tablespoons water, and salt until blended. Set aside.
- » In a pan, melt butter on medium-low heat. Add sliced onion and mushrooms and cook until soft, then add spinach and stir until wilted. Pour the egg mixture and cook until the egg mixture begins to set on the surface.
- » Spread tomatoes over half the omelet. When the eggs thicken on the surface, sprinkle with cheese. Fold the omelet in half and serve immediately. Enjoy!

Makes 2 servings. Each serving provides
185 calories, 14 grams protein, 3 grams carbohydrate,
13 grams fat, 340 milligrams sodium, 1 gram fiber.

*To reduce the total fat in this recipe, substitute the 3 eggs with 1 egg and 3 egg whites.

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Recipe courtesy of the National WIC Association

