GR-260384 · Elmo's Vegetable Garden Omelet · 1 each · 2 servings

Meat: 3 | Dark Green: 1/4 | Other Veg: 3/8 | Egg | Milk

Section 1

Egg, whole, raw, fresh 3 large	**Water, tap, municipal** 2 tbsp	**Salt, table** 1/8 tsp
Butter, without salt 1 tbsp	**Onions, raw** 2 oz	**Mushrooms, white, fresh, raw, slices** 1/2 cup, pieces or slices
Spinach, raw 1 c	**Tomatoes, Red, Ripe, Large** 1/4 cup, chopped or sliced	**Cheese, swiss, low sodium** 1/4 cup, shredded

1. In a bowl, beat **eggs**, 2 tablespoons **water**, and **salt** until blended. Set aside.
2. 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.
3. 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!

Elmo's Vegetable Garden Omelet

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories	**231**
	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 8g	**42%**
Trans Fat 0g	
Cholesterol 307mg	**102%**
Sodium 270mg	**12%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 15g	**30%**

Vitamin D: 8% DV	•	Potassium: 8% DV
Calcium: 15% DV	•	Vitamin A: 23% DV
Iron: 11% DV	•	Vitamin C: 11% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.