

RECIPES

Spanish Omelet Scramble



Ingredients (1 serving)

1 egg
 1 small potato, washed and sliced
 1 green onion (including greens),
 washed and sliced
 1 mushroom, washed and sliced
 Cooking spray

Healthy add-in: diced red or green
 peppers, fresh spinach, sliced
 zucchini, shredded low-fat cheese

Nutrition Information per serving

232 calories, 8 g fat, 2 g sat fat,
 9.7 g protein, 31 g carbohydrates,
 3 g fiber, 107 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Place sliced potatoes in a microwave safe dish and cover with water. Microwave for one minute intervals, until tender. Drain thoroughly.
3. Spray a non-stick pan with cooking spray and sauté vegetables at medium heat until tender.
4. Add potatoes to the pan.
5. Beat the egg in a small bowl and add to the pan with vegetable and potato mixture.
6. Gently mix egg and vegetables, cooking until egg is firm, not runny.

PEPPERS

Choose: brightly colored peppers with firm skin.

Store: in the refrigerator in a bag in the vegetable crisper.

How much? 1 large pepper = about 1/2 pound.