

## Spanish Omelet

*A typical Sunday at our house almost always includes an omelet for breakfast made out of whatever ingredients we have on hand. In fact as I type it, my husband is busy preparing ours. Since we always have an abundance of fresh eggs, it sometimes makes an appearance during the week for dinner as well.*

- 5 potatoes, peeled and sliced
- 1 Tbsp olive oil
- 1/2 medium onion, minced
- 1 small sliced zucchini
- 1 1/2 cups red or green bell pepper, sliced thin
- 5 medium mushrooms, sliced
- 3 eggs, beaten
- 5 egg whites, beaten
- Garlic and pepper to taste
- 3 ounces, part skim mozzarella cheese, shredded
- 1 Tbsp. parmesan cheese

Nutrition Facts	
Serving Size 1/5 recipe	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 81
% Daily Values*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 180mg	<b>60%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 15g	<b>30%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Preheat oven to 375°F

Cook potatoes in boiling water until tender

In a nonstick pan, add oil or vegetable spray and warm at medium heat. Add the onion and saute until brown. Add vegetables and saute until tender but not brown.

In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.

Spray a 10 inch pie plate or oven proof skillet with nonstick cooking spray. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese. Bake until omelet is firm and brown on top, about 20 to 30 minutes

*Do your kids know where the food they eat comes from? It is easy for small children and sometimes even older kids to believe that it comes from the store. Take time to talk with your family about the farmers who work so hard to provide our food for us*

