

SERVES 4

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Fresh herbs and vegetables enhance the flavor and eye appeal of this omelette, which is partially cooked, then sprinkled with cheese and browned under the broiler.

TIP

To tell if an egg is fresh, place it (in its shell) in a bowl of tap water. If the egg is fresh, it will lie flat on the bottom. If not, it will rise to the surface and bob.

DIETITIAN'S MESSAGE

Although eggs contain cholesterol, they are part of a healthy diet. By omitting eggs from your meal planning, you are missing out on an important source of nutrients such as protein, iron, zinc and B vitamins.

Farmer's Omelette

Preheat broiler

9-inch (23 cm) ovenproof skillet

1 tbsp	vegetable oil	15 mL
1	medium onion, chopped	1
1	clove garlic, minced	1
½ cup	each chopped red and green bell pepper	125 mL
1	medium potato, peeled cooked and diced	1
1	medium tomato, seeded and chopped	1
6	eggs	6
⅓ cup	skim milk	75 mL
½ tsp	crushed dried oregano	2 mL
½ tsp	salt	2 mL
¼ tsp	white pepper	1 mL
Pinch	crushed red pepper flakes	Pinch
1 cup	shredded part-skim mozzarella cheese	250 mL

1. In a 9-inch (23 cm) ovenproof skillet, heat oil over medium-high heat; sauté onion, garlic and red and green peppers for 3 to 5 minutes or until softened. Stir in potato and tomato.
2. Whisk together eggs, milk, oregano, salt, pepper and red pepper flakes; pour into skillet and cook until bottom is set. Lift with spatula to allow uncooked portion to flow underneath; cook until almost set. Sprinkle with cheese. Broil until cheese melts, 2 to 3 minutes. To serve, cut into 4 wedges.

PER SERVING

Calories : 285

Dietary Fiber: 2 g

Fat: 16 g

Carbohydrate: 16 g

Protein: 19 g