SPANISH OMELET

SERVES: 4 • SERVING SIZE: 1/4 omelet • PREP TIME: 10 minutes • COOK TIME: 20 minutes

1/2 cup chopped green pepper

1/4 cup chopped onion

1 tablespoon minced garlic

2 tablespoons water

4 ounces green chilies, chopped

2 Roma tomatoes, chopped, seeds removed

2 teaspoons chopped pimiento

6 egg whites, room temperature

Pinch saffron

1/2 cup low-fat (1%) cottage cheese

1 In a nonstick skillet, sauté green pepper, onion, and garlic in water. Add chilies, tomato, and pimiento, and boil off remaining fluid.

2 Combine egg whites and saffron, and beat into soft peaks. Fold cottage cheese into egg whites, followed by the contents of the skillet.

3 Return to skillet and cook until eggs are set, turning to avoid scorching. Pour off any water rendered during cooking. Serve.

CHOICES: 1 Nonstarchy Vegetable, 1 Protein, lean

CALORIES: 70

CALORIES FROM FAT: 0

TOTAL FAT: 0.0 g

SATURATED FAT: 0.0 g

TRANS FAT: 0.0 g

CHOLESTEROL: 0 mg

SODIUM: 270 mg

POTASSIUM: 270 mg

TOTAL CARBOHYDRATE: 7 g

DIETARY FIBER: 2 g

SUGARS: 3 g

PROTEIN: 9 g

PHOSPHORUS: 65 mg