

Wellness Corner

Broccoli & Cheddar Omelet



Ingredients

- 2 Eggs
- 2 T Water
- Cooking spray
- 1/3 C Cooked broccoli florets
- 2 T Finely shredded cheddar cheese
- Salt and pepper to taste

Instructions

1. Beat eggs and water until blended.
2. Coat 6 to 8-inch nonstick omelet pan or skillet with cooking spray. Heat over medium-high heat until hot. Pour in egg mixture. Mixture should set immediately at edges.
3. Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
4. When top surface of eggs is thickened and no visible liquid egg remains. Place broccoli and cheese on one side of the omelet. Fold omelet in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Season with salt and pepper, if desired.

Calories: 209 Protein: 17 g Carbohydrates: 2 g Dietary Fiber: 1 g Fat: 15 g Sat fat: 6 g
Cholesterol: 387 mg Sodium: 237 mg

Recipe and photo from: www.incredibleegg.org/recipes/recipe/broccoli--cheddar-omelet?from=/recipes/collection/breakfast/eggs

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