

Mini Egg Omelets

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Mini Egg Omelet	1	0	0	1	213
TOTAL:	1	0	0	1	213

Serves: 9

1 Serving = 1 Mini Egg Omelet

Ingredients:

- 4 cups steamed spinach or broccoli florets. Cut into small pieces.
- 1 small onion diced into small pieces
- 4 whole eggs
- 1 cup egg whites
- 1/4 cup reduced fat cheddar
- 1/4 cup grated romano or parmesan cheese
- 1 1/2 tablespoon olive oil
- salt-free herb seasoning and fresh pepper
- cooking spray

Directions:

1. Preheat oven to 350°F.
2. Steam spinach or broccoli (about 6-7 minutes) with a small amount of water, or use vegetables from dinner the night before.
3. Cut spinach or broccoli into smaller pieces. Broccoli can be mashed.
4. Cook onion with a 1/2 tablespoon olive oil over medium heat until soft.
5. Add half of the onion, olive oil and pepper to the cooked vegetables. Mix well.
6. Spray muffin tin with cooking spray.
7. Spoon vegetable mixture evenly into 9 muffin tins.
8. In a medium bowl, beat egg whites and eggs together. Add grated parmesan cheese, last half of cooked onion, salt-free herb seasoning and pepper.
9. Pour into the greased muffin tins over vegetables until a little more than 3/4 full.
10. Top with grated cheddar.
11. Bake in the oven until cooked, about 20 minutes. Serve immediately.

Store leftovers in the refrigerator to enjoy during the week for breakfast, lunch or dinner.

You can also save time and make these the night before!