

RECIPE

Spinach and Pimento Omelet

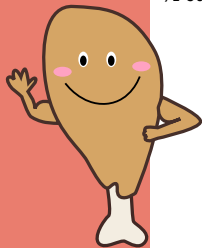
Start to Finish: 30 minutes Servings: 4

Ingredients:

- 1 box (10 ounces) frozen spinach, thawed & dry
- 1 cup chopped pimentos
- 1 teaspoon dried thyme
- ¼ cup chopped scallions
- 1 teaspoon olive oil
- 2 tablespoons shredded part-skim mozzarella cheese
- 2 cups fat-free egg substitute
- 2 tablespoons water
- 2 teaspoons trans fat-free margarine
- ½ cup diced tomatoes

Directions:

1. Chop spinach and place in a medium bowl with pimentos and thyme. In a large, non-stick frying pan over medium heat, sauté the scallions in olive oil until soft, about 5 minutes. Add the spinach mixture and warm through. Return to the bowl, add mozzarella and set aside.
2. In another medium bowl, whisk together the eggs and water. Place the frying pan over medium-high heat for about 2 minutes. Add 1 teaspoon margarine and swirl the pan to distribute it. Add half of the eggs. Lift and rotate the pan so that the eggs are evenly distributed. As the eggs set around the edges, lift them to allow uncooked portions to flow underneath.
3. When the eggs are mostly set but not dry (2 to 3 minutes), spread half of the spinach mixture over the eggs. Use a spatula to fold the omelet in half. Cut in half and transfer to individual dishes.
4. Repeat with the remaining margarine, eggs and spinach mixture. Sprinkle each serving with about 2 tablespoons of tomatoes.



Nutrition Information Per Serving:

120 Calories; 4 g Total Fat; 1 g Saturated Fat; 390 mg Sodium; 14 g Protein; 3 g Dietary Fiber; 8 g Carbohydrates; 4 g Sugars