

Omelet Makeover

This heart-healthy vegetarian omelet is under 300 calories and stuffed with yummy veggies. Try it out for a boost to your morning that will keep you going throughout the day.



Ingredients

- 1 large egg
- 1 large egg white
- Cooking spray
- 2 tbsp red onions, raw, diced
- 2 tbsp bell peppers, raw diced
- 2 medium mushrooms, chopped
- ½ cup spinach, raw, chopped
- ¼ cup mild cheddar cheese, shredded
- 1 small grapefruit

Preparation

1. Whisk together the egg and egg white then heat a pan over medium heat. Spray cooking spray in the pan then pour the egg mixture in.
2. Once the eggs begin to cook, pour red onion, bell peppers, mushrooms, spinach and cheddar over the eggs.
3. When the eggs have finished cooking, gently fold them over with the veggies and cheese in the middle then serve with grapefruit on the side.

Nutrition

Calories 298; Fat 15g; Carbohydrates 22g; Protein 19g

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