



Green Chili Omelet

2 Servings

Ingredients:

1/2 tbsp. margarine
1 egg
4 egg whites
3 tbsp. water
2 tbsp. low fat cream cheese, softened
1 (4 oz.) can chopped green chilies

Directions:

1. Melt margarine in omelet pan.
2. Whisk egg, egg whites and water together briskly. Pour mixture over margarine.
3. Lower heat to medium low. Using a spatula, push egg mixture to one side, allowing uncooked egg to run onto skillet surface.
4. After egg mixture is cooked, spread cream cheese and chilies over the upper half.
5. With a wide spatula, carefully lift and fold the lower half over the chilies and cream cheese.
6. Cut the omelet in half. Serve immediately.

Nutritional Facts:

Calories: 146
Carbohydrate: 5
Fat: 8g
Sodium: 263mg
Protein: 12g

Exchanges: 1/2 vegetable, 1 1/2 meat, 1 fat