

Green Chili Omelet

Yields: 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

INSTRUCTIONS

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.

NOTES

Serving Size: 1/2 omelet

Nutritional Facts per Serving:

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