



# Mini Breakfast Omelettes

*These mini omelettes freeze beautifully, making them a perfect, make-ahead breakfast option for those mornings that you have barely have time to eat. Pair with a banana, or put them on a piece of whole wheat toast or a whole wheat English muffin and you've got a super healthy, well-balanced meal!*

**Prep: 15 minutes • Total: ~ 40 minutes**

## Ingredients:

Bell pepper, diced	1 each	1 each
Tomato, diced	¾ cup	187 mL
Onion, diced	½ cup	125 mL
Spinach, diced	1 cup	250 mL
Olive oil	1 Tbsp	15 mL
Sun dried tomato, finely diced (optional)	1 Tbsp	15 mL
Eggs	10 each	10 each
1% Milk	¾ cup	187 mL
Paprika	½ tsp	2.5 mL
Chili powder	½ tsp	2.5 mL
Salt	¼ tsp	2 mL
Pepper	¼ tsp	2 mL
Lean sliced turkey (optional)	¼ cup	100 g
Shredded cheese	½ cup	250 mL

## Directions:

1. Preheat the oven to 400 degrees F.
2. Toss the bell pepper, tomato, onion, and spinach in the olive oil.
3. Spread veggies onto a baking sheet and roast for 15 minutes. *\*This is an optional step, but helps evaporate off some of the water from the veggies so there is less water coming off the omelettes when you reheat them.*
4. Change the oven temperature to 350 degrees F.
5. Crack the eggs into a large bowl and add the milk, paprika, chili, salt, and pepper. Using a whisk, mix until the yolks are well incorporated into the whites.
6. Grease 12 muffin cups. Divide the veggies, sundried tomatoes and turkey (if using) between the 12 cups.
7. Pour the egg mixture into each of the 12 cups and top with shredded cheese.
8. Bake for 20-25 minutes, until omelettes are cooked through.
9. Freeze in an air-tight container and reheat in the microwave on high for quick breakfasts.

## Nutrition Facts

Serving Size (92g)  
Servings Per Container

### Amount Per Serving

**Calories 110**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 185mg**      **62%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 3g**      **1%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein 7g**

Vitamin A 2%      • Vitamin C 35%

Calcium 8%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Makes 12 servings (92 g / serving) • 1 serving = 1 omelette.**

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