

# **Spanish Omelette**

Omelettes are easy to prepare and always taste great, even when served cold with a salad or as a side dish. Spanish omelettes provide a combination of nutrients that are perfect for recovery from exercise. Potatoes are rich in complex carbohydrates, and eggs are a complete protein, packed with vitamins and minerals.

#### Prep: 10 minutes • Total: 20 minutes

Ingredients:		
Eggs	6 large	6 large
Skim milk	½ cup	125 mL
White potato, sliced thinly	1 large	1 large
Green pepper, finely diced	1 each	1 each
Yellow onion, sliced thinly	1 small	1 small
Olive oil	2 Tbsp	30 mL
Cheddar cheese, grated	½ cup	125 mL
Salsa	1 cup	250 mL

#### **Directions:**

- 1. Heat oil in a large skillet to medium heat.
- 2. Add onion and potatoes, season with pepper and cook until potatoes are golden brown, approximately 10 minutes.
- 3. In a medium sized bowl, whisk the eggs and milk together and add the green pepper
- 4. Pour the egg mixture over the potatoes and onion, coating evenly.
- 5. Stir the egg mixture for about 30 seconds or until it begins to set.
- 6. Leave unstirred for an additional 2 minutes until the egg is golden brown on the bottom.
- 7. Using a spatula, release the omelet from the pan and place a large
- 8. Invert the pan so the omelet falls onto the plate, then slide it from the plate to the pan with the golden side up.
- 9. Cook for an additional 2-3 minutes.
- 10. Remove from heat and cut into 4 slices.
- 11. Top with salsa and grated cheese.

### **Nutrition Facts** Servina Size (311a) Servings Per Container

Calories 290	Calories 1	from Fat 140
		% Daily Value*
Total Fat 16g		25%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 325	mg	108%
Sodium 620mg		26%
Total Carbohyd	rate 21g	<b>7</b> %
Dietary Fiber 4g		16%
Sugars 9g		
Protein 16a		

#### Protein log

**Amount Per Serving** 

Vitamin A 0%	<ul> <li>Vitamin C 60%</li> </ul>
Calcium 20%	<ul> <li>Iron 10%</li> </ul>

\*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 Carbohydra	ate	300g	375g		
Dietary Fiber		25g	30g		
Calories per gram:					
Fat 9 • Carbohydrate 4 • Protein 4					

Adapted from:

NutritionRx in partnership with Chef Lindsay Sferrazza

## Makes 4 servings (311 g / serving) • 1 serving = 1/4 of the omelette

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