



Spanish Omelet

Instructions:

Heat a pan on medium for 2 minutes and coat with 3 seconds of Pam to cover the surface.

Add the egg, vegetables, and salt & pepper.

Cook covered for 3 minutes.

Fold carefully with a spatula and then cover for 30 seconds.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

6 minutes

Ingredients:

1 egg

2 egg whites

1/2 small onion - diced

1/2 plum tomato - diced

1/4 pepper - diced

salt & pepper to taste

Pam