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DIET CENTER

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OVEN-BAKED OMELETTE

Intermediate Lifestyle

Ingredients

2 cups fat-free liquid egg substitute (like Egg Beaters)
Nonstick oil spray, butter-flavored
½ cup fat-free milk
½ cup reduced-fat shredded cheese (any flavor)
1 cup sliced green, yellow or orange bell peppers (or a combination)
1 cup sliced mushrooms
½ cup sliced tomatoes
½ cup sliced onions
1 TBS reduced-fat Parmesan cheese (shredded or grated)
¾ TSP garlic powder
1/8 TSP black pepper
Optional toppings: ketchup, salsa, hot sauce

Instructions

1. Preheat oven to 375°.
2. Into a deep, round casserole dish (about 9 inches wide) sprayed with nonstick oil spray, pour egg substitute and milk. Add shredded cheese, tomatoes, garlic powder, and black pepper. Mix well, and then set aside.
3. Bring a large pan sprayed with nonstick oil spray to high heat. Stirring occasionally, cook peppers, onions and mushrooms for 2 minutes (long enough to brown the outsides). Add veggies to the casserole dish, and mix well.
4. Place dish in the oven and cook for 30 minutes. Then, carefully remove the dish from the oven and evenly cover with Parmesan topping. Return it to the oven, and cook for 20-25 minutes more (until the top has puffed and is firm). Allow to cool slightly before cutting.

Portion-Per-Serving Information (Serves 4): Serving = 1/4 slice = ½ P, 1 V, ½ M