

Green Onion Omelet

1 15-ounce can sliced potatoes (drained)
1 Tbsp. vegetable oil
1 large whole egg
3 egg whites
3 Tbsp. low-fat milk
¼ tsp. salt
½ cup ham (diced)
½ 8-ounce can tomatoes (drained)
1 Tbsp. scallions (chopped)

Preparations

1. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5-10 minutes.
3. In a mixing bowl, add egg, egg whites, milk and salt. Mix well.
4. Stir in ham, tomatoes and scallions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	184
Total Fat	7 g
Protein	15 g
Carbohydrates	16 g
Dietary Fiber	3 g
Saturated Fat	2 g
Sodium	283 mg
Total Sugars	2 g

Source: USDA