

Farmers Market Fun Family Recipes



Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients

½ cup diced onion	4 large eggs, separated
¼ cup diced green pepper	¼ cup water
1 small sliced zucchini	¼ teaspoon cream of tartar
1 medium chopped tomato	Cooking spray
2 Tablespoons chopped mushrooms	⅓ cup shredded reduced-fat (2%) cheese of your choice
½ teaspoon Italian seasoning or oregano leaves, crushed	

Instructions

1. In medium saucepan or skillet, stir together onion, green pepper, zucchini, tomato, mushrooms, and seasoning. Cook, covered, over medium heat until vegetables are tender, but not brown, about 8 to 10 minutes. Keep warm.
2. In large mixing bowl at high speed, beat egg whites with water and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted.

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Nutrition information:

Calories: 130
Carbohydrate: 6 gm
Fiber: 2 gm
Fat: 7 gm
Protein: 10 gm
Cholesterol: 195 mg
Sodium: 140 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



3. In small mixing bowl at high speed, beat egg yolks until thick and lemon-colored. Fold yolks into whites.
4. Heat butter over medium-high heat.
5. Pour in egg mixture. Gently smooth surface. Reduce heat to medium. Cook until puffed and lightly browned on bottom, about 5 minutes.
6. Bake in preheated 350 degrees F oven until knife inserted halfway between center and outer edge comes out clean, about 10 to 12 minutes.
7. Loosen omelet edges with spatula. With sharp knife, make a cut down the center of the omelet that does not go all the way through the omelet.
8. Add vegetable mixture over half of omelet. Sprinkle with cheese.
9. Tip pan. Use a turner to fold omelet in half and invert onto warmed plate or platter with a quick flip of the wrist. Cut into fourths and serve immediately.

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