

Red and Yellow Bell Pepper Omelets

Serves: 2

Ingredients

1 tsp. olive oil	½ tsp. dried basil
1 red bell pepper, seeded and thinly sliced	¼ tsp. ground black pepper
1 yellow bell pepper, seeded and thinly sliced	Nonstick cooking spray
4 egg whites	2 tsp. grated Parmesan cheese

In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4-5 minutes. Keep warm over low heat.

In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.

Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling pan evenly to coat bottom. Cook for 30 seconds or until eggs are set.

Carefully loosen and flip. Cook for 1 minute or until firm. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose filling. Transfer to plate. Sprinkle with 1 tsp. Parmesan cheese.

Repeat with remaining egg mixture, peppers, and cheese.

Per serving: 91 calories, 3 g total fat (1 g saturated fat), 9 g carbohydrates, 8 g protein, 1 g dietary fiber