



Tomato and Garlic Omelet

This unique omelet includes vegetables and whole wheat bread for a balanced breakfast.

Makes 1 serving. 1 omelet per serving.

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- ½ slice whole wheat bread
- ½ teaspoon olive oil
- 1 clove garlic, finely chopped
- nonstick cooking spray
- ¾ cup egg substitute
- 2 tablespoons grated part-skim Mozzarella cheese
- 1 large tomato, chopped
- 1 teaspoon dried basil

Preparation

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Nutrition information per serving: Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg