

Farmer's Market Veggie Omelet

What you will need



3 teaspoons (tsp) Canola
or corn oil



1/2 cup of grape tomatoes
cut in half



1/2 cup of spinach



1/8 cup of fat-free milk



1 cups of egg substitute



1/8 cup chopped basil



2 medium green onions,
chopped



2 tablespoons of fat-free
feta cheese crumbles

Cooking Instructions

1



Using a knife and cutting board, cut grape tomatoes in half, dice green onions, and chop basil.

2



Heat 2 teaspoons of oil over medium heat in a skillet. Swirl the oil to coat the entire pan.

3



Add 1/2 cup of halved tomatoes, and 1/2 cup of spinach to skillet and cook for 5 minutes, or until the tomatoes are soft, stirring constantly.

4



Transfer mixture to a plate and cover with aluminum foil to keep warm. Set aside.

5



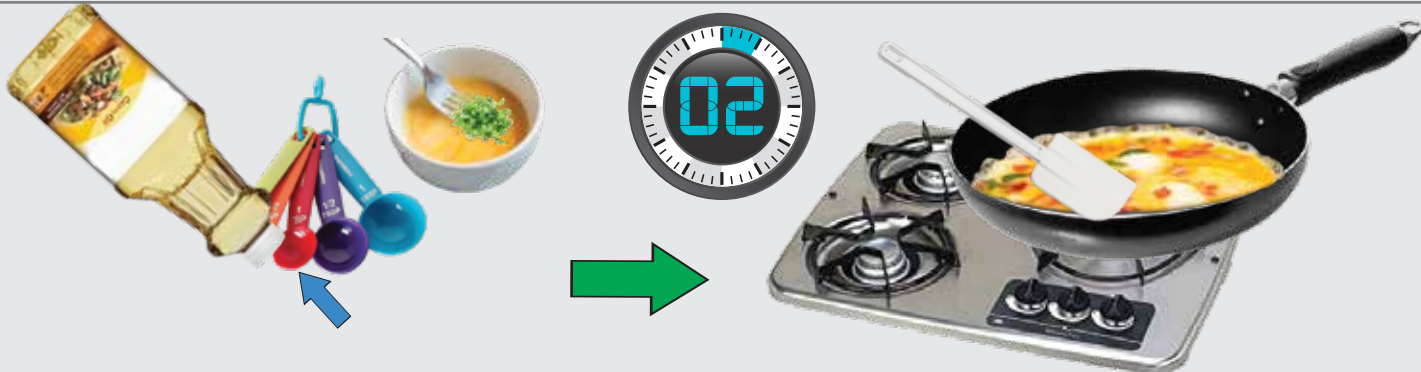
In a small bowl, mix 1 cup of egg substitute and 1/8 cup of milk with a fork. Stir in diced green onion.

6



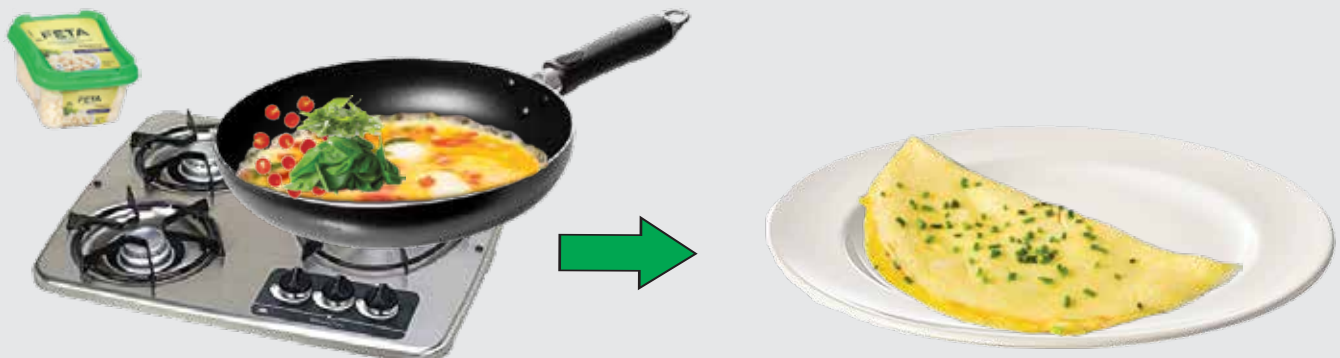
Wipe the same skillet with paper towels. **Be careful to avoid burning your fingers.**

7



Add 1 teaspoon of oil and egg mixture to the skillet and cook for 2 minutes without stirring. Use a rubber scraper to gently spread the uncooked egg over the cooked part and cook for 2 more minutes.

8



Add the spinach & tomato mixture, 2 tablespoons of feta cheese and the chopped basil over half of the omelet and fold the cooked egg in half over the added ingredients. Transfer to a plate and enjoy!

For more heart-healthy recipes
and information about adapted
cooking, please visit



American
Heart
Association®

www.heart.org



Community Health Education & Exercise Resources

www.wellness4ky.org



www.hdi.uky.edu



lexingtonhealthdepartment.org

This recipe was used in Project CHEER's partnership with The American Heart Association's Simple Cooking for Heart Program