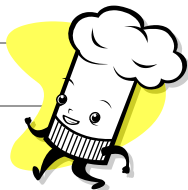

Vegetable Omelette

*Any vegetable may be substituted in for another.
Yields 2 servings*



Ingredients:

4	Egg whites
1/4	Cup water
1/4	Teaspoon cream of tartar
2	Eggs
1/4	Teaspoon salt
1	Teaspoon butter
1	Medium tomato, chopped
1	Small zucchini, chopped
1	Small onion, chopped
1/4	Cup chopped green pepper
1/2	Teaspoon Italian Seasoning
1/3	Cup shredded reduced-fat cheddar cheese

Directions:

1. In a small bowl, beat the egg whites, water and cream of tartar until stiff peaks form. In a large bowl, beat eggs and salt until thick and lemon-colored, about 5 minutes. Fold in the whites.
2. Melt butter in a 10-in. ovenproof skillet coated with cooking spray. Add egg mixture. Cook over medium heat for 5 minutes or until puffed and lightly browned on the bottom. Bake, uncovered, at 350° for 10-12 minutes or until a knife inserted 2 in. from edge comes out clean.
3. Meanwhile, in a skillet, saute the tomato, zucchini, onion, green pepper and Italian seasoning until tender. Carefully run a knife around edge of omelet to loosen. With a sharp knife, score center of omelet. Place vegetables on one side and sprinkle with cheese; fold other side over filling. Slide onto a serving plate; cut in half.

Nutrition Facts: 1/2 omelet equals 222 calories, 11 g fat (5 g saturated fat), 231 mg cholesterol, 617 mg sodium, 12 g carbohydrate, 3 g fiber, 20 g protein.