
Cottage Cheese Omelet

Exchanges: 1 Protein
Serving Size: . . 1/2 omelet
Carbohydrate: 1 gm
Protein: 8 gm
Fat: 2 gm
Calories: 61
Fiber: trace
Sodium: 667 mg
Cholesterol: 95 mg

Ingredients:

- 1 egg
- 2 egg whites
- 1 tablespoon water
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon salt
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon pepper
- Vegetable cooking spray
- 2 tablespoons 1% low-fat cottage cheese

Steps in Preparation:

- Combine first 7 ingredients in a small bowl, stirring well.
- Coat a small nonstick skillet with cooking spray; place over medium heat until hot. Pour egg mixture into pan. As mixture starts to cook, gently lift edges of omelet with a spatula, and tilt pan so uncooked portion flows underneath.
- When egg mixture is almost set, spoon, cottage cheese over half of omelet; continue cooking until eggs are set.
- Loosen omelet with a spatula, and fold in half; slide onto a serving platter, and serve immediately.

Yield: 2 servings

You can refrigerate leftover egg whites and egg yolks. Use raw egg whites within four days and raw egg yolks within one to two days.

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