

Recipe: Green Onion Omelet



Photo credit Myplate

Number of servings: 4

Food Safety Tips:

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

Ingredients

- 1 can low-sodium sliced potatoes, drained (about 15 ounces)
- 1 tablespoon vegetable oil
- 1 whole egg
- 3 egg whites
- 3 tablespoons 1% low-fat milk
- 1/4 teaspoon salt
- 1/2 cup ham, diced
- 1/2 can low-sodium tomatoes, drained (about 8 ounces)
- 1 tablespoon green onion (or wild onion), chopped

Instructions

- Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
- In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes.
- In a mixing bowl, add egg, egg whites, milk, and salt. Mix well
- Stir in ham, tomatoes, and green (or wild) onions.
- Pour egg mixture over potatoes in the skillet.
- Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
- Cut the omelet into four pieces and serve.

Nutrition Facts

Amount Per Serving

Calories 184

Total Fat 7g

Saturated Fat 1g

Trans Fat

Cholesterol 55mg

Sodium 283mg

Total Carbohydrate 16mg

Dietary Fiber 3g

Sugars 2g

Added Sugars 0g

Protein 15g

Vitamin D 1mcg

Calcium 43mg

Iron 1mg

Potassium 363mg

Recipe credit: Myplate.gov, *A Harvest of Recipes* with USDA Foods, & USDA Food Distribution Program on Indian Reservations