



Broccoli Parm Omelet

Servings 1 | Prep time 10 mins. | Total time 15 mins.

Equipment: Small bowl, Medium frying pan, Lid for pan

Utensils: Whisk or fork, Measuring cups and spoons

Ingredients

2 large eggs

1/4 cup grated Parmesan cheese

1 teaspoon olive oil OR vegetable oil

1/2 cup broccoli, chopped

1 green onion, finely chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Whisk eggs and Parmesan cheese together in a small bowl.
3. Heat oil in a medium nonstick frying pan over medium heat. Add broccoli and green onion (if using); cook, stirring frequently, until tender, about 5 minutes. Pour the eggs into the pan, without stirring. Cover the pan with lid and cook until the eggs are set, about 3 to 4 minutes.

Nutritional Information:

Calories 320

Total Fat 22g

Sodium 590mg

Total Carbs 8g

Protein 21g