



# 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