

# Summer Vegetable Omelet



## Serving Size

1



## Skill Level

Easy



## Diet Type

Dialysis

## Ingredients

- egg
- 1 egg white
- 1 tbsp low fat cheddar cheese
- 2 tbsp red bell pepper
- 2 tbsp green bell pepper
- 2 tbsp onion
- 2 tbsp mushroom
- Pepper to taste

## Directions

1. In a greased pan cook peppers, onions, and mushrooms until soft.
2. Remove vegetables from pan.
3. Whisk 2 eggs and add to the greased pan.
4. Cook eggs on low.
5. Once eggs are completely cooked add vegetables to half of omelet.
6. Sprinkle cheese on top of vegetables and carefully fold in half.
7. Sprinkle pepper on top of omelet and enjoy!

## Nutrition Facts

Serving: 1

Amount per serving

# Calories 125

Sodium	200 mg
Potassium	260 mg
Phosphorus	265 mg
Carbohydrates	5 g
Protein	13 g



**Pro Tip**  
**Other Vegetable Ideas:**  
 Asparagus, Jalapeno,  
 Kale, Zucchini, Bell  
 Peppers, Okra