

Mushroom, Artichoke, and Basil Egg-White Omelet

Simple Every Day | November 2008



Omelets make a quick dinner as well as breakfast. This version lightens up by using just egg whites and a veggie-cheese filling.

START TO FINISH: 15 MINUTES

- 1/2 CUP SLICED CREMINI MUSHROOMS
- 1/8 TSP. GARLIC SALT OR SEA SALT
- 1 TSP. OLIVE OIL
- 1/4 CUP DRAINED, COARSELY CHOPPED ARTICHOKE HEARTS
- 3 EGG WHITES, OR 1 WHOLE EGG AND 2 EGG WHITES
- NONSTICK COOKING SPRAY OR OLIVE OIL
- 2 TBSP. COARSELY CHOPPED FRESH BASIL
- 3 TBSP. SHREDDED ITALIAN-BLEND CHEESE
- 1/4 CUP CHOPPED RED SWEET PEPPER
- CRACKED BLACK PEPPER
- MIXED BABY GREENS SALAD WITH VINAIGRETTE (OPTIONAL)

In an 8-inch nonstick skillet cook mushrooms and garlic salt in 1 teaspoon hot olive oil for 5 minutes or until mushrooms are tender, stirring occasionally. Stir in artichoke hearts. Transfer mushrooms to a small bowl; set aside. Cool skillet slightly.

In a small bowl whisk egg whites with a fork just until frothy. Wipe out skillet with a clean paper towel. Coat skillet with nonstick spray or brush with additional olive oil. Sprinkle basil in the center of skillet to within an inch of skillet edge. Slowly pour egg white mixture around edge of the basil and then over top of basil. Place skillet over medium heat. As egg starts to set, use a heat-proof spatula to gently lift edges of set egg, tilting pan to let liquid egg mixture run under set egg. Continue this process until egg is set but still shiny.

Sprinkle 2 tablespoons of the cheese across center. Top with mushroom mixture. With a spatula, lift and fold one side of the omelet up over the filling. Repeat with remaining side of omelet. Remove from heat. Carefully transfer to a plate. Top with sweet pepper, remaining cheese, and black pepper. Serve with dressed salad if desired. Makes 1 serving.

Per serving: 196 cal., 10 g fat (4 g sat. fat), 15 mg chol., 692 mg sodium, 8 g carbo., 3 g fiber, 19 g pro.