Spanish Omelet

A typical Sunday at our house almost always includes an omelet for breakfast made out of whatever ingredients we have on hand. In fact as I type it, my husband is busy preparing ours. Since we always have an abundance of fresh eggs, it sometimes makes an appearance during the week for dinner as well.

5 potatoes, peeled and sliced
1 Tbsp olive oil
1/2 medium onion, minced
1 small sliced zucchini
1 1/2 cups red or green bell pepper, sliced thin
5 medium mushrooms, sliced
3 eggs, beaten
5 egg whites, beaten
Garlic and pepper to taste
3 ounces, part skim mozzarella cheese, shredded
1 Tbsp. parmesan cheese

Preheat oven to 375°F
Cook potatoes in boiling water until tender
In a nonstick pan, add oil or vegetable spray and warm at medium heat. Add the onion and saute until brown. Add vegetables and saute until tender but not brown.
In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.
Spray a 10 inch pie plate or oven proof skillet with nonstick cooking spray. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese. Bake until omelet is firm and brown on top, about 20 to 30 minutes

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 81</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 9g</td>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Cholesterol 180mg</td>
<td>Trans Fat 0g</td>
<td>60%</td>
</tr>
<tr>
<td>Sodium 220mg</td>
<td>Total Carbohydrate 30g</td>
<td>10%</td>
</tr>
<tr>
<td>Protein 15g</td>
<td>Dietary Fiber 3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars 0g</td>
<td>Sugar 0g</td>
<td>30%</td>
</tr>
</tbody>
</table>

Source: National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention., Control Your Diabetes. For Life. Recipes and Meal Planner Guide