# Spanish Omelet Scramble



## Ingredients (1 serving)

#### 1 egg

- 1 small potato, washed and sliced
- 1 green onion (including greens), washed and sliced
- 1 mushroom, washed and sliced Cooking spray

**Healthy add-in:** diced red or green peppers, fresh spinach, sliced zucchini, shredded low-fat cheese

#### Nutrition Information per serving

232 calories, 8 g fat, 2 g sat fat,9.7 g protein, 31 g carbohydrates,3 g fiber, 107 mg sodium.

## Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Place sliced potatoes in a microwave safe dish and cover with water. Microwave for one minute intervals, until tender. Drain thoroughly.
- **3.** Spray a non-stick pan with cooking spray and sauté vegetables at medium heat until tender.
- 4. Add potatoes to the pan.
- 5. Beat the egg in a small bowl and add to the pan with vegetable and potato mixture.
- 6. Gently mix egg and vegetables, cooking until egg is firm, not runny.

#### PEPPERS

Choose: brightly colored peppers with firm skin.Store: in the refrigerator in a bag in the vegetable crisper.How much? 1 large pepper = about <sup>1</sup>/<sub>2</sub> pound.

Adapted from National Diabetes Education Program. National Institutes of Health. Tasty Recipes for People with Diabetes and Their Families (2011). Spanish Omelet. What's Cooking? USDA Mixing Bowl.



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