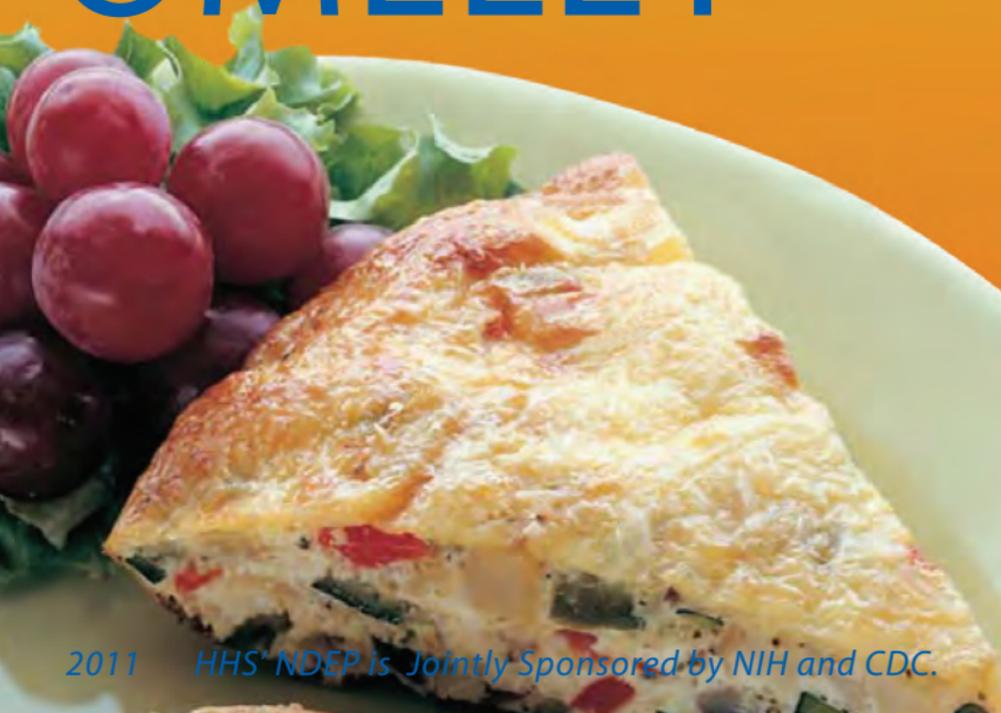


National Diabetes Education Program

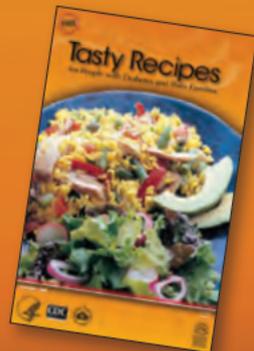
Spanish

OMELET



***It's more than food. It's Life.
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (*Ricas recetas para personas con diabetes y sus familiares*), has recipes specifically designed for the Latin American palate.



2011 HHS' NDEP is Jointly Sponsored by NIH and CDC.

NDEP-122

Spanish OMELET

This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal!

Total Servings: 5.

Ingredients:

5 small potatoes, peeled and sliced
 Vegetable cooking spray
 ½ medium onion, minced
 1 small zucchini, sliced
 1½ cups green/red peppers, sliced thin
 5 medium mushrooms, sliced
 3 whole eggs, beaten
 5 egg whites, beaten
 Pepper and garlic salt with herbs, to taste
 3 ounces shredded part-skim mozzarella cheese

1 Tbsp. low-fat parmesan cheese

Directions:

- Preheat oven to 375 °F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add vegetable spray and warm at medium heat.
- Add onion and sauté until brown.
- Add vegetables and sauté until tender but not brown.
- In a medium mixing bowl, slightly beat eggs and egg whites, pepper,

- garlic salt, and low-fat mozzarella cheese.
- Stir eggcheese mixture into the cooked vegetables.
- In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
- Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

Exchanges: Meat 2 Vegetable 2/3 Bread 2 Fat 2 <small>Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.</small>	Nutrition Facts Spanish Omelet Serving Size..... 1/5 of omelet		Amount Per Serving Calories.....260 Calories from Fat.....90	
	% Daily Value (DV)* Total Fat 10g.....15% Saturated Fat 3.5g.....18% Trans Fat 0g Cholesterol 135mg.....45%	Sodium 240mg.....10% Total Carbohydrate 30g.....10% Dietary Fiber 3g.....12% Sugars 3g Protein 16g	Vitamin A.....8% Vitamin C.....60% Calcium.....15% Iron.....8%	<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.yourdiabetesinfo.org, or call 1-888-693-NDEP.