

# Santa Fe Omelet

## Shopping List:

- 1 Dozen Eggs
- 1 Onion
- 1 Green Pepper
- 1 Bag Shredded Cheese
- 1 Jar Mild Salsa



## SUPE UP THAT CANNED SOUP!

Add some frozen veggies to a can of soup for a nutrient dense meal!



# Santa Fe Omelet

## Ingredients:

- 2 Eggs
- 1 tbsp Diced Onion
- 1 tbsp Diced Green Pepper
- 2 tbsp Shredded Cheese
- 1 tbsp Mild Salsa

Santa Fe Omelet	
<b>Recipe Number:</b>	<a href="#">0000054613</a>
<b>Portion:</b>	1 Omelet
<b>Calories:</b>	288
<b>Protein:</b>	20.1 grams
<b>Carbohydrates:</b>	12.6 grams
<b>Fat:</b>	17.5 grams
<b>Calories from Fat:</b>	158 (55%)
<b>Saturated Fat:</b>	6.9 grams
<b>Trans Fat:</b>	0 grams
<b>Polyunsaturated Fat:</b>	1.9 grams
<b>Cholesterol:</b>	522 milligrams
<b>Sodium:</b>	388 milligrams
<b>Vitamin A:</b>	1977 IU
<b>Vitamin B1:</b>	.1 milligrams
<b>Vitamin B2:</b>	.7 milligrams
<b>Vitamin B6:</b>	.3 milligrams
<b>Vitamin C:</b>	34.7 milligrams
<b>Calcium:</b>	195 milligrams
<b>Niacin:</b>	.6 milligrams
<b>Iron:</b>	2.6 milligrams
<b>Potassium:</b>	391.0 milligrams
<b>Phos.:</b>	327 milligrams
<b>Dietary Fiber:</b>	1.4 grams
<b>Sugars:</b>	9.7 grams
Contains the following allergens: milk, eggs	

## Microwave Directions:

Wisk 2 eggs and 1 tablespoon water together. Spray microwave safe dish with non-stick cooking spray. Pour eggs in dish; cover. Microwave 1 ½ minutes. Turn over by flipping onto another microwave safe dish. Place onions, peppers and cheese on half of omelet; fold and microwave for 1 ½ minutes. Spoon salsa on top of omelet. Adjust cooking times as necessary to ensure eggs are thoroughly cooked.

## Stovetop Directions:

Wisk 2 eggs and 1 tablespoon water together. Spray small skillet with non-stick cooking spray. Pour egg mixture in skillet; cook over medium heat until set, lifting edge to allow uncooked portion to run underneath. Place onions, peppers and cheese on half of omelet; fold. Continue cooking until cheese is melted and eggs are cooked thoroughly. Spoon salsa on top on omelet.