

Cheese Omelet



Ingredients:

- 3 eggs
- 1/2 cup, low-fat cheese, grated
- 1/4 cup mushrooms, sliced
- 1 medium tomato, diced
- 1/2 cup green onion, thinly sliced
- 1/4 cup parsley, chopped

Directions:

1. Beat eggs together.
2. Add cheese, mushrooms, green onion and parsley to the eggs.
3. Heat nonstick skillet on medium heat. Use non-stick spray oil if desired.
4. Cook until bottom is golden brown.

Makes 2 Servings



Tarrant County Public Health
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