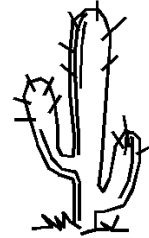


Southwestern Omelet

Black beans and cheddar make for a southwestern-inspired hearty omelet filling, but feel free to vary this recipe by using kidney beans or Monterey Jack cheese instead.

Ingredients:

- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon salt
- 4 large egg whites
- 1 large egg
- 1/2 cup canned black beans, rinsed and drained
- 1/4 cup chopped green onions
- 1/4 cup (1 ounce) reduced-fat shredded cheddar cheese
- 1/4 cup bottled salsa
- Cooking spray



Preparation:

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk.
2. Combine beans, onions, cheese, and salsa in a medium bowl.
3. Heat a medium nonstick skillet coated with cooking spray over medium heat. Pour egg mixture into pan; let egg mixture set slightly.
4. Tilt pan and carefully lift edges of omelet with a spatula; allow uncooked portion to flow underneath cooked portion. Cook 3 minutes; flip omelet.
5. Spoon bean mixture onto half of omelet. Carefully loosen omelet with a spatula; fold in half. Cook 1 minute or until cheese melts.
6. Slide omelet onto a plate; cut in half

Yield:

2 servings



Nutritional Information: Calories 181; Calories from fat 27 %; Fat 5.5 g; Satfat 2.3 g ; Monofat 1 g; Polyfat 0.8 g; Protein 20.2 g; Carbohydrate 13.8 g; Fiber 6 g; Cholesterol 116 mg Iron 2.1 mg; Sodium 822 mg; Calcium 184 mg