

Breakfast

Asparagus Omelet

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3 asparagus spears

2 eggs, beaten

1 tablespoon olive oil

3 teaspoons peas

1 teaspoon parsley

salt to taste

In a saucepan with water to cover, blanch the asparagus spears. When done, remove from the pan, chop well and set aside.

In a large skillet sprayed with nonstick cooking spray, cook the eggs in the olive oil until nearly set.

Add the chopped asparagus, peas, parsley and salt.

Fold the sides of the eggs over the top.

Cook until done.

Per Serving (excluding unknown items): 286 Calories; 24g Fat (74.1% calories from fat); 14g Protein; 4g Carbohydrate; 1g Dietary Fiber; 424mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.