
Sour Cream Omelet

Audrey bayer - New York

North American Potpourri - Autism Directory Service, Inc - 1993

2 eggs

2 tablespoons cottage cheese (or cream cheese)

1 tablespoon sour cream

2 tablespoons flour

2 teaspoons sugar

sour cream (for topping)

In a bowl, mix the eggs, cottage cheese, one tablespoon of sour cream, flour and sugar.

Spray a skillet with cooking spray. Place the egg mixture into the skillet. Cover and cook over low flame.

Remove the omelet and top with additional sour cream.

Breakfast

Per Serving (excluding unknown items): 268 Calories; 13g Fat (44.8% calories from fat); 15g Protein; 22g Carbohydrate; trace Dietary Fiber; 430mg Cholesterol; 148mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.