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Apple Cheese Omelette

Created by the Egg Farmers of Canada

Makes 1 serving

Prep: 10 min.

Cook: 10 min.

What you need:

1 tsp	butter	5 mL
½	medium apple, peeled, cored and thinly sliced or chopped	1/2
1/4 tsp	ground cinnamon	1 mL
1 tsp	brown or granulated sugar	5 mL
2	eggs	2
1 tbsp	water	15 mL
Pinch	salt	Pinch
2 tbsp	shredded Cheddar or Swiss cheese	25 mL



How to prepare:

Melt butter in 8-inch (20 cm) nonstick skillet over medium heat. Add apple slices; cook for 3 minutes, stirring frequently. Sprinkle cinnamon and 1 tsp (5 mL) sugar over apples. Cook, turning slices frequently, until tender, 4 to 5 minutes.

Whisk eggs, water, and salt in small bowl. Pour over apples in skillet.

As mixture sets around edge of skillet, with spatula, gently lift cooked portions to allow uncooked egg to flow underneath. Poke between a few apple slices to allow uncooked egg to flow to bottom of pan. When egg is almost set on surface, sprinkle cheese over half of omelette. Fold unfilled side of omelette over filling. Cook for a minute, then slide onto serving plate.

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Nutrients per Serving:

Calories 275

Fat 17 g

Saturated Fat 7 g

Trans Fat 0 g

Sodium 400 mg

Carbohydrate 18 g

Fibre 1 g

Sugars 13 g Protein 17 g

Recipe used with permission from the Egg Farmers of Canada. Visit www.eggs.ca for more great recipes.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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