

Herbed Broccoli Omelet

Dash Magazine - March 2012

Palm Beach Post

Servings: 2

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

4 eggs

1/2 teaspoon salt

1/4 teaspoon dried marjoram

1/8 teaspoon pepper

1 tablespoon olive oil

1 cup chopped broccoli, cooked

1 tablespoon fresh parsley, chopped

In a medium bowl, beat the eggs with the salt, marjoram and pepper.

Heat the oil in a large skillet on medium heat. Add the eggs and broccoli. Cook until nearly set, lifting up cooked edges to let uncooked egg flow underneath.

Flip the omelet. Cook until golden brown.

Halve and divide between two plates. (Or make two omelets, fold each in half then flip to finish cooking.)

Sprinkle with parsley.

Per Serving (excluding unknown items): 221 Calories; 17g Fat (68.7% calories from fat); 14g Protein; 3g Carbohydrate; 1g Dietary Fiber; 424mg Cholesterol; 686mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.