

Pizza Omelet

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Servings: 2

Preparation Time: 10 minutes

Start to Finish Time: 15 minutes

1 teaspoon garlic, minced

1 tablespoon olive oil

4 eggs, lightly beaten

1/8 teaspoon salt

1/4 teaspoon black pepper

1/4 cup diced pepperoni

1/4 cup grated mozzarella

1/2 cup tomato sauce, warmed

chopped fresh basil

In a large skillet, saute' the garlic in oil for 1 minute. Pour in the eggs and cook, tilting the pan so the uncooked eggs run to the edges. When the eggs are fairly firm, sprinkle with salt and pepper.

Arrange the pepperoni and mozzarella on half of the omelet. Fold the other half over and continue to cook until firm.

Transfer to a large plate.

Spoon the sauce over the top.

Sprinkle with basil.

Per Serving (excluding unknown items): 229 Calories; 17g Fat (66.2% calories from fat); 14g Protein; 6g Carbohydrate; 1g Dietary Fiber; 424mg Cholesterol; 639mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 Fat.