



Egg White Omelet with Asparagus and Goat Cheese

Breakfast, Makes 2 Servings

Ingredients:

- 3 large egg whites
- 1 large whole egg
- 1 teaspoon Dijon mustard
- 1 teaspoon transfat-free margarine
(like Smart Balance® Light Buttery Spread), divided
- 4 green onions, white parts only, thinly sliced
- ½ cup asparagus, sliced in ½-inch pieces
- ¼ teaspoon dried dill
- 1 ounce fresh soft goat cheese, crumbled



Beat together egg whites, whole egg and mustard; set aside. Coat an 8-inch, non-stick skillet or omelet pan with non-stick cooking spray. Add ½ teaspoon margarine and warm over medium-high heat. When margarine is melted, add onions, asparagus and dill. Cook, stirring, 3 to 4 minutes until tender; remove from pan and keep warm.

Coat skillet with cooking spray again and add remaining margarine. When margarine is melted, pour egg mixture into pan in an even layer. Using a rubber spatula, gently lift sides of omelet to allow uncooked egg to cook. When egg is almost set, scatter vegetables and goat cheese over half the surface. Gently fold omelet in half and slide onto serving dish. Cut in half and serve immediately.

Nutrition Facts:

Per Serving (1/2 of omelet)

Calories:	119 kcals
Protein	12 g
Carbohydrates:	3 g
Sugars:	1 g
Fiber:	4 g
Saturated Fat:	3 g
Cholesterol:	112 mg
Phosphorus:	111 mg
Sodium:	246 mg
Potassium:	199 mg/5.1 mEq
	<i>(mEq = milliequivalent)</i>

Renal and Renal Diabetic Exchanges:

- 2 Very lean meat
- 1 Medium potassium vegetable
- 1 Salt choice