

Garden Omelet

1/2 cup	ReddiEgg Real Egg Product
2 Tbsp	Water
1/4 cup	Onions, diced
1/4 cup	Zucchini, diced
1/8 cup	Peppers, green, diced
4 Tbsp	Margarine, fat free
2 tsp	Parmesan Cheese-Italian Style-Shredded



Melt two tablespoons of fat free margarine in skillet and cook onions until tender but not brown. Stir in remainder of vegetables. Add season salt and pepper to taste and simmer uncovered until vegetables are tender. Beat together Egg Product and water until well blended. In 7" to 10" omelet pan or nonstick skillet, over medium-high heat, melt remaining 2 tablespoons of fat free margarine. Pour in egg mixture. With an inverted spatula, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface, tilting pan and moving cooked portions as necessary. While top is still moist and creamy-looking, add filling. With spatula, fold omelet in half. Invert onto plate and top with Italian Style Parmesan Cheese. **Makes 1 serving.** Calories = 111; Fat = 1.3 grams; Cholesterol = 0 milligrams.