

## Committed to Kids Healthy Mini-Omelets

*These can be made in muffin tins, either the very small or regular sized, or they can be made on a fry pan. Following the recipe is a calorie comparison.*

Recipe makes 4 very small mini-muffin sized omelets or 1 regular muffin-sized omelet

Exchanges: 2½ protein; 70 calories

### Ingredients:

- ¼ cup egg substitute
- ½ - 1 ounce fat free cheese
- vegetable(s) of choice
- ¼ - ½ ounce lean ham or turkey bacon
- non-stick cooking spray

Spray muffin tin with non-stick spray. If using uncooked meat, cook the meat. Shake egg substitute well. Fill each muffin tin about ½ full. Add the cheese, vegetables and lean meat to the egg and stir. Place in 400 degree oven for about 10 minutes or until toothpick inserted in the middle comes out clean.

### Calorie Comparison

Ingredient	Cals	Fat (g)	Ingredient	Cals	fat(g)
1 egg	75	5	¼ cup egg substitute	30	0
½ - 1 oz. regular cheese	50 - 100	5 - 10	½ - 1 oz. fat free cheese	25 - 50	0
¼ - ½ oz. regular bacon	25 - 50	3 - 5	¼ - ½ oz. lean meat	15 - 25	1
2 tsp. butter	90	10	non-stick spray	0	0
<b>Total</b>	<b>240 - 315</b>	<b>23 - 30</b>		<b>70 - 105</b>	<b>1</b>