

# Italian Omelet

**Makes:** 4 Servings

Vary your vegetables at any meal. Fresh green peppers add flavor and color to this omelet.

## Ingredients

**1 can** corn (drained, about 15 ounces)

**1/4 cup** low-fat milk

**4** large eggs

**1** green pepper (sliced into thin strips)

**1** onion (peeled and chopped into small pieces)

**2 tablespoons** Parmesan cheese (grated)

**2 teaspoons** vegetable oil

**1/2 teaspoon** salt

**1/2 teaspoon** chili powder

**1/4 teaspoon** black pepper

## Directions

1. Preheat oven to 350 degrees F.
2. In a medium mixing bowl, beat the eggs with the milk, salt, pepper, and chili powder. Cover and set aside.
3. In a large skillet over medium heat, cook onion and green pepper until tender, about 5 minutes.
4. Add the corn. Cook for 5 more minutes, stirring once in awhile. Reduce heat to low and stir.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>160</b>
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	180 mg
Sodium	310 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	72 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

5. Pour egg mixture over the vegetables in the skillet.
6. Cook on the stove top until the eggs begin to set, about 3 to 4 minutes.
7. Sprinkle cheese evenly on top.
8. If the skillet is oven-proof, place in the oven and bake until eggs are fully set, about 7 to 10 minutes.
9. If the skillet is not oven-proof, cover and continue to cook on the stove until eggs are fully set, about 7 to 10 minutes.
10. Remove from oven or stovetop heat and let stand for 1 minute. 11. Cut into wedges and serve.

**Source:** Recipe adapted from [Mrbreakfast.com](http://Mrbreakfast.com).