

MUSHROOM AND TOMATO OMELETTE

1 tsp soft margarine or butter
3 sliced mushrooms
1 sliced green onion
½ medium tomato, chopped
2 eggs, beaten
pinch each salt and pepper

In non-stick skillet, melt margarine on medium-high heat. Add mushrooms, onions and tomato; cook until softened, stirring frequently. Add eggs, salt and pepper. Cook on medium heat for two minutes or until eggs are set.

Makes 2 servings

Nutritional value per serving

3 g carbohydrate
1 g fibre
7 g protein
7 g total fat
2 g saturated fat
321 mg sodium
105 calories