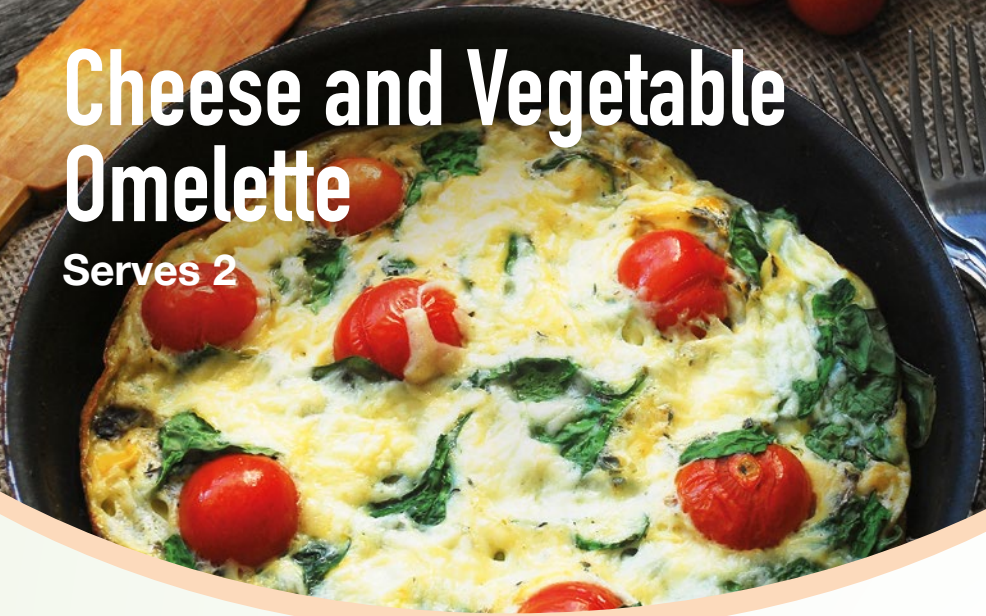


Cheese and Vegetable Omelette

Serves 2



Prep time: 10 mins

Cook time: 30 mins

Ingredients:

- ¼ cup spinach (can replace with frozen vegetables or vegetables of your choice)
- 4 eggs
- 1 tomato, diced
- ¾ cup (65g) grated cheese
- 1 clove of garlic, minced
- ½ onion, chopped
- 1 tbsp oil
- ½ cup (125ml) low-fat milk or calcium-enriched soy milk
- Pepper to taste

Method:

1. Whisk eggs and pepper in a bowl until small bubbles appear. Add vegetables, tomato, cheese, garlic, onion, milk and pepper to eggs. Stir until well combined.
2. In a non-stick 20cm pan, heat 1 tbsp oil.
3. Pour in the egg milk mixture.
4. Reduce heat to low. Cook covered for 20-25 minutes or until set. Let it stand for 2 minutes.

Protein



Calcium



Healthier Eating Tips

Eggs are a source of good quality protein. It can be an easy way to include protein in your diet, especially if you are not used to eating a lot of meat, or have difficulty chewing. Add an egg to vegetable soups and stews, stir-frys or have a hard-boiled egg as a snack to meet your protein needs.

