Green Onion Omelet

Instructions
1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well.
4. Stir in ham, tomatoes, and green (or wild) onions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.

Ingredients
- 1 can (about 15 ounces) low-sodium sliced potatoes, drained
- 1 tablespoon vegetable oil
- 1 whole egg
- 3 egg whites
- 3 tablespoons 1% low-fat milk
- ¼ teaspoon salt
- ½ cup ham, diced
- ½ can (about 8 ounces) low-sodium tomatoes, drained
- 1 tablespoon green onion (or wild onion), chopped

Yields: 4 servings
Serving size: 1 piece
Calories: 184
Total fat: 7g
Saturated fat: 1.5g
Cholesterol: 79mg
Sodium: 283mg
Dietary fiber: 3g
Protein: 15g
Carbohydrates: 16g
Sugars: 2g

The content of this recipe and coinciding nutritional values are not intended to replace individualized nutrition intervention provided by a licensed professional.

These recipes from the United States Department of Agriculture have been tested to make sure they will produce the stated number of servings. They also meet the latest recommendations from the 2010 Dietary Guidelines for Americans. Additional information about the recipe may be accessed by visiting www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HarvestofRecipes.pdf.