# DENVER OMELET

**Yield: 2**
**Servings | Serving Size: 1 omelet**
**Cost/Serving: $1.44**

**Ingredients:**
3 Tablespoons chopped green pepper
2 Tablespoons chopped onion
2 teaspoons butter
3 eggs, scrambled
1/2 cup fully cooked chopped low sodium ham
1 Tablespoon low-fat milk
Salt and pepper to taste

**Directions:**
1) Combine green pepper, onion, and butter in a small microwave-safe bowl. Microwave on HIGH for 2 minutes.
2) Stir in eggs, ham, milk, and seasoning. Pour into two small, oiled saucers.
3) Microwave on HIGH 2 minutes. Push cooked eggs toward the center of dish and continue cooking an additional 2 minutes. The internal temperature should reach 165°F on a food thermometer.
4) Let stand for 2 minutes before serving.

## Nutrition Facts

2 servings per container
Serving size   **1 omelet (153g)**

**Amount per serving**
**Calories**   **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | **18%** |
| Saturated Fat 6g | **30%** |
| *Trans* Fat 0g | |
| **Cholesterol** 285mg | **95%** |
| **Sodium** 590mg | **26%** |
| **Total Carbohydrate** 3g | **1%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 20g | |
| Vitamin D 2mcg | 10% |
| Calcium 55mg | 4% |
| Iron 2mg | 10% |
| Potassium 340mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Tip:** Add whole wheat toast and fresh or canned fruit or a fruit smoothie to rounds out your meal.

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