

Easy Oven Omelette

Alberta Nutrition Guidelines recommend eating meals regularly throughout the day. Start your morning with this simple omelette. Serve it with a piece of toast to include foods from all 4 of Canada's Food Guide food groups.



Ingredients:

	Non-stick cooking spray	
6 large	Eggs	6 large
3 ½ fluid oz	Evaporated skim milk	103 mL
1 Tbsp	Whole wheat flour	15 mL
¼ tsp	Salt	1 mL
1 cup	Reduced fat cheddar cheese, 21% M.F. (or less), grated	250 mL
2 medium	Green onions, chopped	2 medium
1 medium	Tomato, chopped	1 medium
4 large	Mushrooms, sliced	4 large
4 slices	Toasted whole grain bread	4 slices

Directions:

1. Preheat oven to 325°F (165°C).
2. Spray a deep 9 inch (23 cm) pie plate or a 4 cup (1 L) casserole dish with non-stick cooking spray.
3. Put the eggs, evaporated milk, flour and salt into a mixing bowl and beat together using a whisk or an electric mixer.
4. Scatter the cheese, onions, tomatoes, and mushrooms in the bottom of the pie plate/casserole dish. Pour the egg mixture over top.
5. Bake in the oven for 60–65 minutes.
6. Serve with toasted whole grain bread.

Makes 4 servings (¼ of recipe/ 220 g)

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Nutrition Facts	
Per 1/4 of recipe (220 g)	
Amount	% Daily Value
Calories 310	
Fat 15 g	23 %
Saturated 6 g + Trans 0 g	30 %
Cholesterol 20 mg	
Sodium 540 mg	23 %
Carbohydrate 21 g	7 %
Fibre 3 g	12 %
Sugars 11 g	
Protein 24 g	
Vitamin A	10 %
Vitamin C	40 %
Calcium	40 %
Iron	20 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
High in potassium	441 mg
High in calcium	413 mg
High in magnesium	58 mg
Source of folate	24 mcg
High in iron	2.5 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	$\frac{3}{4}$
Grain Products	1
Milk and Alternatives	$\frac{3}{4}$
Meat and Alternatives	$\frac{3}{4}$

This is a Choose Sometimes recipe (Mixed Dish – Vegetarian Based) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 9 inch (23 cm) pie plate or 4 cup (1 L) casserole dish
- Electric mixer or whisk