

Asparagus & Cottage Cheese Omelette



Preparation time: 15 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Quick & Easy, Breakfast Recipes, Vegetarian



Ingredients

- 4 eggs
- 1 bunch asparagus
- ½ cup corn kernels (canned and drained or frozen and defrosted)
- 250g low fat cottage cheese or ricotta
- Salt and pepper to taste
- Oil spray
- Wholemeal bread to serve

Method

- 1. Crack the eggs into bowl, season and whisk. Heat a non-stick pan over medium heat, spray with oil.
- 2. Snap the bottom part of the asparagus off and discard, wash the top part and place into the pan. Cook lightly, then set aside. Wipe the pan clean with kitchen towel, set back onto the heat, spray with oil and pour in half of the egg mixture tilting the pan to cover the base.
- 3. Cook lightly while lifting and moving the egg around to cook more evenly. Just before the omelette is cooked, add half the asparagus, corn and cottage cheese. Fold the omelette in half and slide onto a plate. Repeat the process for the second omelette.
- 4. Serve with toasted wholemeal bread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
437g	2170kj 519kcal	42g	17.7g	5.2g	43.1g	10.7g	774mg	7.8g

All nutrition values are per serve.