



## Asparagus Omelet with Goat Cheese

SERVINGS: 2

PREPPING TIME: 5 MINS

COOKING TIME: 10 MINS

### INGREDIENTS

- 1 tsp. olive oil
- 4 large eggs
- 1/4 cup low-fat milk
- 1/8 tsp. salt
- 1/4 tsp. freshly cracked black pepper
- 8-10 asparagus spears
- 2 tbsp. water
- 2 clove garlic, minced
- 2 green onion top, finely chopped
- 2 tbsp. soft goat cheese (40g)

### DIRECTIONS

1. Preheat a small non-stick skillet over medium heat and add 1 teaspoon of oil.
2. Prepare the asparagus by washing and trimming it, then cutting it into 1-inch pieces.
3. Add the asparagus and 2 tablespoons water to the skillet with the oil. Cook the asparagus for 2 minutes then add the garlic, saute for a further 1-2 minutes until the asparagus turns bright green. Set aside.
4. In a small bowl, whisk together eggs, milk, salt, pepper, and 1/2 the chopped green onions.
5. Reduce the heat to low and lightly spray with cooking spray to grease the skillet. Pour in the egg mixture and cook on low heat until the eggs are almost set, approximately 5 minutes.
6. Evenly sprinkle the asparagus pieces and goat cheese over one-half of the eggs. Gently fold the other half over the asparagus-filled side.
7. Cover the skillet and continue cooking until the eggs are fully set. Remove from heat and carefully slide the omelet onto a plate. Top with chopped green onions.

### NUTRITION

Serving size: 1 (243g)  
(per serving) 240 calories, 15g fat, 6g saturated fat, 380mg cholesterol, 370mg sodium, 7g carbohydrate, 2g fiber, 4g sugar, 18g protein