



BROOKLYN_BORN

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A recipe from Brooklyn_Born? Now this is a first!

Wednesday, February 06, 2013

I never post recipes, never make any of my recipes public and never participate in any of the recipe challenges. Why not? Because when people think of me, and I do have some good qualities, they never think "excellent cook." When help is needed in the church kitchen, nobody says, "Let's call Eileen." At the potlucks at work (school), I always signed up to bring napkins, paper plates and drinks, right along with the football coach.

Enough said? I don't "participate" but I am a veteran lurker and I do try and gather easy, healthy recipes here on SP, especially the ones that have easy-to-find ingredients and aren't time consuming. Standing by the stove is not one of my favorite things. My ideal is to mix something up and forget about it until the timer dings to tell me it's ready. My recipe binder is thin for someone my age, but filled with tried and true and even healthy stuff that DH will eat.

The Junk Food King & I eat this BAKED omelet almost every day.

If I forget to make it ahead of time, he requests it. Sometimes he helps me chop the veggies. It freezes well in individual sections that we can microwave as needed.

Perhaps all of you more accomplished cooks already know this, but here it is.
It was given to me by a runner (not SP) friend.



Baked Omelet

16 oz container of egg beaters & 3 eggs

- adjust proportions as you wish (I'm limiting cholesterol for DH)

1/2 cup milk, and whisk it all together

Then whatever veggies, protein, cheese, spices that you want.

I use 1-2 cups of veggies (peppers & onion all the time)

2/3 cup of shredded cheese, 1/4 cup of basil, no salt (DH doesn't need or miss it), lots of pepper.

Bake in a "pammed" glass casserole at 350 for about 45 minutes.

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Makes 6 servings

We actually like it for lunch. I melt a slice of reduced fat provolone cheese on top and put the whole thing on a slice of WW toast. Then I eat it like an open sandwich which takes quite awhile, especially while sparking at the same time.

Nutrient information according to the recipe calculator:

Basic meatless omelet: 134 calories, 2g carbs, 6g fat (2 saturated), 16g protein

When I add my toast and slice of cheese, the numbers are: 234, 12, 10 (4), 25.

I figure veggies separately since they're always different and hardly make a blip on my totals anyway.

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MJZHERE

I will be trying this. Enjoyed laughing with you at cooking skills - I do participate in helping "feed" but others always sign me up (before I can get to it myself) - and it is for the paper items, never the food. The truth is, I can actually work the stove, but for some reason the perception of me being "Betty Crocker" just ain't there.

3046 days ago



SOUTH_FORK

Looks delish and your lunch serving suggestion sounds like just the ticket!

3049 days ago



HLTHYLIVN_BAM

Ok this sounds great. I just treated myself to a slow cooker for meeting one of my last goals for the same reason - I can throw it in a pot, come back to it and hubby thinks it smells great like I've been cooking forever.

A couple of questions re: leftovers

- 1) Do you ever refrigerate leftovers or just freeze?
- 2) Do you reheat via oven or microwave and for how long?

Thanks for the post - I have been wanting to make more veggie omelets and even bought some frozen peppers and onions - so this is definitely on my *to do* recipe list!

3049 days ago



MERRYMARY42

sounds great, I make omelets similar but not the quantity, and why not, I love the idea of having it on hand/ Thanks

3049 days ago



DEBBY4576

Dang, it sucks to be allergic to eggs. It REALLY does.

3049 days ago



DR1939

Just might gave this a try.

3049 days ago



MNNICE

I'm betting it would freeze well so it could be popped in the microwave for a quick breakfast on the run!

3049 days ago



SLENDERELLA61

Thanks. Looks great. I think we'd like this. So glad you decided to post it. You may be more of a chef than you think!!!

3050 days ago



TINAJANE76

That looks great! Thanks for sharing one of your go-to recipes!

3050 days ago





BOILHAM



You said "Eileen".
3050 days ago



CD13252816



This solves a lot of problems over what to have for breakfast ~ just about any meal. Thanks a lot and find some more of these.



3050 days ago



CD5500762



3050 days ago



SUZYMOBILE



Thanks for showing it on top of the stove burners, so we can appreciate how big it really is. That's a great calorie count for such an enormous omelet!

3050 days ago



CD13136117



Looks yummy! Thanks for sharing Chef Eileen!
3050 days ago



KARRENLYNN



Thanks for sharing, I'm always looking for quick and easy, healthy recipes.



Karen

3050 days ago



CELIAMINER



Like a frittata! Gonna try this. I like that it freezes well.
3050 days ago



WILSONWR



Sounds good!

It's funny - normally we are so much alike, but I really love to cook and try different recipes (and then make "better" variations myself). The more complicated, the better. I do all the cooking in our house and my wife loves it (except for the mess I make...). Maybe I like it so much because of my obsession with food...
3050 days ago



WATERMELLEN



Oh it's nice to know there are other non-domestic-goddesses here! I was a dutiful provider of meals when the kids were small and now . . . don't want to think about food all that much, eat the same thing (breakfast omelette, lunch salad and fruit, dinner soup and yogourt and berries) almost every day.

This sounds good!

My go-to omelette is prepared in a microwave omelette pan and takes all of 3 minutes. I mix half eggbeaters, half egg whites (quarter cup each) in a pammed (love that) microwave pan, nuke 1 minute, stir, top up with Greek seasoning, 1 oz low fat feta crumbled, and about a cup of spinach (usually), nuke 2 minutes, fold, slide out onto plate, garnish with hot salsa. Total calorie count under 180 depending on veg (asparagus, mushrooms, cherry tomatoes all good) and lots of protein. Never seem to tire of this . . .
3050 days ago



BELLAMEMAW



I'm a vegan but my husband would like this; thanks!
3050 days ago



EVIE4NOW



Sounds yummy. Will have to try. Thank you.

3050 days ago



COCK-ROBIN

Looks yummy!
3050 days ago



DMEYER4

sounds yummy .i will try it Thanks
3050 days ago



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