

# Apple-Canadian Bacon Omelet

## Recipe of the Month – January 2013



Apple and bacon add an irresistible flavor to this light, tasty omelet- it works for breakfast, lunch or dinner.

**Prep Time:** 20 Min

**Start to Finish:** 20 Min

**Makes:** 4 servings

### INGREDIENTS

- 1 tablespoon margarine or butter
- 2 medium Golden Delicious apples, peeled, cut into thin wedges (about 2 cups)
- 4 oz. Canadian bacon (about 6 slices), cut into thin strips
- 2 tablespoons real maple syrup
- 4 whole eggs plus 4 egg whites, lightly beaten
- 1/8 teaspoon pepper

### DIRECTIONS

1. In 8-inch nonstick skillet or 2-quart saucepan, melt 1 teaspoon of the margarine or butter over medium heat. Add apple; cook about 5 minutes, stirring occasionally, until crisp-tender. Stir in Canadian bacon. Reduce heat to medium-low; cook and stir about 2 minutes. Remove from heat. Stir in syrup.
2. Meanwhile, in medium bowl, mix beaten eggs, egg whites and the pepper until well blended.
3. In 10-inch nonstick skillet with flared sides (omelet pan), melt remaining teaspoon margarine or butter over medium heat. Pour egg mixture into skillet. Cook about 1 minute, lifting edges occasionally to allow uncooked egg mixture to flow to bottom of skillet, until mixture begins to cook around edges. Reduce heat to medium-low; cover and cook 3 to 6 minutes or until set.
4. Spoon half of filling over half of omelet; quickly fold other half of omelet over filling. Cut omelet in half; slide each half onto serving plate. Spoon remaining filling over each serving.

**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 2oz-equivalents

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	170	<b>Calories from Fat:</b>	45
<b>Total Fat:</b>	5 g	<b>Saturated Fat:</b>	1 g	<b>Cholesterol:</b>	15 mg
<b>Sodium:</b>	560 mg	<b>Total Carbohydrate:</b>	16 g	<b>Dietary Fiber:</b>	1 g
<b>Sugars:</b>	13 g	<b>Protein:</b>	14 g		

This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)

