

ZIPLOC OMELETS

Ingredients

- . Quart-sized Ziploc Bag
- . ½ cup egg substitute
- . ½ cup chopped fresh or frozen veggies
- . ¼ cup shredded fat free cheddar
- . 1 oz. lean turkey or ham
- . Condiments (hot sauce, salsa, low-carb ketchup, etc.)



Directions

1. Crack 2 eggs into the quart size Ziploc Bag and shake to combine
2. Chop and set out a variety of ingredients such as: low fat shredded cheese, lean ham or turkey, onions, spinach, green peppers, tomatoes, cilantro, basil, black beans, or salsa
3. Have each guest add prepared ingredients to their bag and shake the bag to mix well
4. Make sure to get the air out of the bag and zip it up
5. Place bags into rolling, boiling water for 13 minutes (you can get 6-8 bags in a large pot)
6. Cut the bags open and the omelet will roll out easily
7. Serve with fresh fruit or condiments like salsa, low-carb ketchup, hot sauce, etc.

Yields 1-2 omelets
Calories: 160
Fat: 0.5 g
Protein: 26 g
Carbohydrate: 10 g



RECIPES



For eating well
after bariatric
surgery

These work
great when
you are alone
or when your
family likes
different
fillings in
their omelets!

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