



Sandi's Sunday Omelet

Sunday mornings I like to make breakfast and actually sit down and chat with my hubby as we plan our day. This past Sunday was no different and here is my creation of the day.

Ingredients:

- 2 eggs
- ½ cup egg substitute
- 2 slices of Jarlsberg Lite Swiss cheese
- 2 slices prosciutto browned and crumbly
- 2 Tablespoons bruschetta sauce (I use Trader Joe's)

Directions:

- Spray a 10 inch skillet with non-stick (I use coconut oil spray) and pre heat to medium
- Beat eggs and egg substitute together and pour into preheated pan
- Cover and allow eggs to almost set (check frequently so as not to overcook)
- Add crumbled prosciutto, Swiss cheese that you have torn into small pieces and top with bruschetta on half of the egg mixture
- Flip the other half of the egg over the top of ingredients, cover and allow cooking to finish setting the eggs and melting the cheese.
- Remove from heat, slice in two and enjoy

Nutrition: Makes 2 servings, each with approximately

- **223 calories**
- **27 grams protein**

And lots of different flavors.