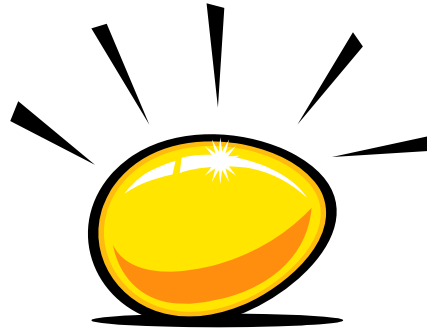


Omelet Muffins

Ingredients:

6 slices whole wheat bread
6 eggs
¼ cup skim milk
6 ounces low fat cheddar cheese
1 large tomato
1 tsp vegetable oil (or spray)



Directions:

Preheat oven to 400°F. With a biscuit cutter or upside-down drinking glass, cut 2 circles from each slice of bread. Coat the muffin cups with vegetable oil or spray. Press a bread circle into each of the muffin cups. Beat eggs and milk together in a bowl. Add shredded cheese to egg mixture. Finely chop tomato and add to egg mixture. Spoon the mixture into each bread cup, dividing evenly. Bake for about 20 minutes, until knife comes out clean. Cool for a few minutes, and sprinkle with parsley, if desired.

Makes 12 servings:

Nutritional Info per serving: 100 calories, 4g fat, 1.5g sat fat, 200mg sodium, 1g fiber, 8g protein

Source: Revised from "Healthy Heart Snack Choices"