



Herbed Brie, Spinach & Broccoli Cole Slaw Omelette

Servings

4

Calories

380

Prep Time

15 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 cup Mann's Broccoli Cole Slaw®
¼ pound Brie, thinly sliced with rind removed
1 cup yellow onion, minced
2 cups spinach, fresh
2 tablespoons milk
6 large eggs
1 tablespoon basil leaves, fresh, minced
1 tablespoon dill weed, fresh, minced
2 tablespoons butter or margarine
2 tablespoons vegetable oil
salt and pepper to taste



The Method

Heat oil in large skillet. Add onion and sauté over moderate heat until translucent. Add 2 tablespoons of water to skillet. Add Mann's Broccoli Cole Slaw® and continue to sauté until broccoli is tender. Add fresh spinach and sauté until it becomes slightly wilted. Add herbs, season with salt and pepper. Stir together and remove from heat.

Combine eggs and milk in bowl and whisk until bubbly. Heat 1 tablespoon of butter or margarine in a 9" non-stick skillet. When skillet is hot, pour in half of egg mixture. Tip skillet so eggs coat pan evenly. Keep tipping, lifting the omelette's edge so that loose eggs run underneath. When eggs are fairly set on top but still moist, quickly arrange half of broccoli and spinach mixture and the brie on one side of the omelet. Fold the omelette in



Herbed Brie, Spinach & Broccoli Cole Slaw Omelette

half and slide it onto a plate. Repeat process for the second omelette.

Nutrition Facts

Serving Size: 336g | Servings: 4

Amount Per Serving

Calories 380 | Calories from Fat 250 | Total Fat 29g (sat fat 12g trans 0g) | Cholesterol 325mg | Sodium 400mg | Total Carbohydrate 12g | Dietary Fiber 5g | Sugars 4g | Protein 21g | Vitamin A 260% | Vitamin C 130% | Calcium 25% | Iron 30%