

SWEET FALL OMELET

MAKES 1

FILLING:

- 1 teaspoon margarine
- 1 cup acorn squash, peeled/shredded
- 1 teaspoon cinnamon sugar
- 2 tablespoons maple syrup
- 2 tablespoons chopped dates

OMELET:

- 1 teaspoon margarine
- 2 eggs, beaten
- 2 tablespoons water
- 1/4 teaspoon maple flavoring

TOPPINGS:

- 1 teaspoon Confectioner's sugar
- 1 tablespoon marshmallow ice cream topping
- 1 teaspoon walnuts in syrup ice cream topping

• **FILLING:** In a non-stick skillet on high heat, add margarine, squash, cinnamon sugar, and maple syrup. Sauté until tender, add dates and cook for 1 minute. Set aside.

• **OMELET:** In a 10-inch, non-stick skillet, over medium-high heat (pan should be hot), melt margarine. Mix eggs, water and maple flavoring. Pour mixture into skillet. Mixture should set immediately at edges. With an inverted pancake turner, push cooked portions from the edges to the center. Tilt the pan so the egg mixture will cover the bottom of the hot pan and continue to cook until done. Fill one half of omelet with filling. With pancake turner, fold omelet over. Turn the pan upside down over plate and the omelet will slide onto plate. Top with toppings and serve.

• **TOPPINGS:** Sprinkle omelet with sugar, top with marshmallow and walnuts.

Nutritional Analysis per serving: calories 498, protein 13 g, carbohydrates 78 g, fat 17 g (4 g saturated), cholesterol 374 mg, sodium 210 mg, calcium 132 mg.

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