

# Chicken Fajita Omelet

## **Ingredients:**

1/4 cup chopped onion  
1/4 cup chopped bell pepper  
3/4 cup egg whites  
Dash each garlic powder and black pepper  
2 oz. cooked and sliced skinless chicken breast  
1/4 tsp. fajita seasoning mix  
2 tbsp. shredded reduced-fat Mexican-blend cheese  
2 tbsp. salsa

Optional topping: light or fat-free sour cream



## **Directions:**

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir onion and bell pepper until slightly softened and lightly browned, about 4 minutes.

Reduce heat to medium low. Season egg substitute with garlic powder and black pepper. Add to the skillet with the veggies, and let it coat the bottom. Cover and cook without stirring for 3 minutes, or until just set.

Meanwhile, in a medium microwave-safe bowl, season chicken with fajita seasoning. Cover and microwave for 1 minute, or until hot.

Top half of the omelet with shredded cheese and chicken. Fold the bare half over the filling.

Plate and top with salsa!

Nutrition Information: Per Serving

## **1 Serving**

240 calories  
5 g fat  
10 g carbohydrate  
36 g protein

Recipe from:

<http://www.hungry-girl.com/recipe-makeovers/show/healthy-chicken-fajita-omelette>