

ZUCCHINI PESTO OMELET

INGREDIENTS

- 1 Zucchini (grated)
- 1/4 C Parsley
- 2 T Pesto
- 2 T Parmesan cheese **OR** low fat Mozzarella cheese (shredded)
- 1 1/2 C Egg Substitute **OR** 6 eggs
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat oven to 350 F & spray a large saucepan with non-stick cooking spray
- 2 Mix all ingredients
- 3 Cook in large saucepan for 3 minutes & then bake in oven for 15 minutes

