

- » vegetable cooking spray
- » 1 egg (well beaten)
- » salt and pepper to taste

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**YIELD:** 1 omelet  
**EXCHANGE:** 1 medium-fat meat  
**CALORIES:** 78

Coat pan with vegetable cooking spray; heat pan to moderately hot. Add beaten egg and cook over low heat. Lift edges of egg very carefully to allow uncooked portion of egg to run under. Add salt and pepper. When mixture is firm, fold omelet in half, or roll up jelly-roll style. A filling may be added before folding.

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