

Rainbow Omelette (1-2 servings)

Ingredients

Eggs	2 pieces	Red & Green capsicums	1/2 each
Onion (chopped)	1/2 piece	Skimmed Milk	2 tablespoons
Button Mushroom (chopped)	3-4 pieces	Canola Oil	1 teaspoon
Tomato (chopped)	1 piece		

Methods:

1. Put the eggs into a mixing bowl, pour in skimmed milk, beat and mix well
2. Add 1/4 teaspoon canola oil into a pre-heated pan and stir fry the chopped onion, button mushroom and tomato to 60-70% cooked; then add the capsicums and cook until all done
3. Pan fry the egg mixture with the remaining canola oil and sprinkle the cooked vegetable mixture on one side and fold the remaining egg mixture on top to make an omelette and serve on plate

Dietitian's Tips:

- Adding skimmed milk, which is a rich source of calcium, enriched the calcium content of this dish
- Cut the vegetables into bigger pieces/chunks to reduce the loss of nutrients during cooking
- Vegetables are rich in fibre, which helps to promote satiety and reduce the blood cholesterol levels, as well as preventing constipation
- Vegetables are also rich in vitamins A, C and minerals that help to boost the body's immune system and promote metabolism
- Egg is rich in iron, which helps to prevent Iron-deficiency Anemia
- Egg is rich in protein, which promotes growth and cell repair
- Egg contains vitamin E, which has an anti-oxidative effect and maintains the normal cell metabolism, healthy skin and general well-being

Other Tips:

Vegetables are very important to maintain our health. Enjoy vegetables of different types and colours to promote health.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
146	8.36	9.21	8.1	2	69.2

*the above data is general information for reference.