



## SUMMER VEGETABLES OMELET

This omelet is an excellent source of protein and includes squash, which is generally a well-tolerated vegetable. Cheddar cheese can be substituted for another flavor of cheese, or lactose free cheese for those who are lactose intolerant. **Yield: Two 2-egg omelets**

### INGREDIENTS:

- $\frac{2}{3}$  cup sliced summer squash
- $\frac{2}{3}$  cup sliced fresh zucchini
- 2 Tbsp. oil, divided
- 4 eggs, beaten, divided (may substitute 2 egg whites for each egg if needed for lower fat intake)
- 2 slices white cheddar cheese (use reduced fat cheese if experiencing fat intolerance or any flavor cheese of choice)

### DIRECTIONS:

1. Heat 1 Tbsp. oil in omelet pan over medium heat.
2. Sauté zucchini and squash in oil for 4-5 minutes until tender.
3. Remove vegetables and keep warm.
4. Add additional Tbsp. oil to warm pan. Add two beaten eggs and half of the vegetables. Flip and cook thoroughly. Fold in half and top with 1 slice of white cheddar cheese.
5. Make second omelet with remaining ingredients.

### NUTRITIONAL DATA:

310 calories, 27.4 grams fat, 9.1 grams saturated fat, 193 mg cholesterol, 3.6 grams carbohydrate, 0.8 grams dietary fiber, 13.4 grams protein

The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.

