

## *Diet for a Pain-Free Life*

Websites: [www.tampamedicalgroup.com/](http://www.tampamedicalgroup.com/)

[www.ipainfreediet.com/](http://www.ipainfreediet.com/)

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*simply eggs*

### *southwest cheese omelet*

#### Ingredients

- 1½ cups egg substitute and 1 egg
- 1½ cups chopped veggies in season: cherry tomatoes, broccoli, mushrooms, asparagus, red onion, peppers...
- 1/3 cup of shredded low-fat cheddar cheese
- salt, pepper and red pepper flakes (optional)

#### Directions

Mix egg substitute and egg in a medium bowl and stir well. Chop veggies and sauté in non stick spray for 3-4 minutes on medium high. Pour veggies in a bowl and set aside. Add the eggs to the pan with more non-stick spray and cook on medium until the omelet is set. Sprinkle the egg with cheese, salt and pepper and red pepper flakes to taste. Cook a little longer, add veggies and fold the omelet in half. Cut the omelet in half and serve with a bowl of fresh fruit. Makes 2 serving

Call Ginny at [TAMPA MEDICAL GROUP](http://TAMPA MEDICAL GROUP) (879-0025 Ext. 2223) for more simply delicious recipes and if you are interested in participating in our original

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