

Mediterrenean Omelette (cholesterol reduced)

Ingredients:

Eggplant

1 unit

Tomato

1 unit

Zucchini

1 unit

Lean cheese

100 gs.

Egg White

4 units

Salt and pepper

to taste

Fresh or dehydrated basil

to taste

Black olives

50gr.

Corn starch

1 coffeespoon

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Procedure:

Peel and dice the eggplant and the zucchini in ½ cm. cubes. Dice the tomato and the lean cheese in ½ cm. cubes, too. Cut the boneless black olives.
Beat the egg whites with, salt, pepper, the corn starch, the basil and the lean cheese , the black olives and all the vegetables. Place the mixture in the TartaExpress up to ¾ of the height from the bottom.
Put the lid on and microwave for 3 minutes on high.





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