



Mediterranean 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

Procedure:

Peel and dice the eggplant and the zucchini in $\frac{1}{2}$ cm. cubes. Dice the tomato and the lean cheese in $\frac{1}{2}$ 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 $\frac{3}{4}$ of the height from the bottom. Put the lid on and microwave for 3 minutes on high.

