



Mushrooms and zucchini Omelette (cholesterol reduced)

Ingredients:

Zucchini

300 gr. (2 units.approx.)

Onion

½ unit

Scallion

100 gr.

Leek

100gr.

Egg white

3 units

Pine mushroom

3 units

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

White cheese without cholesterol

2 spoonfuls

Corn starch

1 coffeespoon

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Salt and pepper

to taste

Water or wine

½ coffee cup

Procedure:

Cut the pine mushrooms and hydrate them in water or wine.
Peel the zucchinis and cut them in 1 cm. dices.
Cut the onion in dices of ½ centimeter. Chop the leek and scallion finely.
Once the mushrooms are softened, strain and chop them. Beat the egg whites with the onion, the leek, the scallion, salt, pepper, the provenzal, the white cheese and the mushrooms. Place the mixture in the TartaExpress. Put the lid on and microwave for 3 minutes on high





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