



Carrot and Broccoli Omelette (cholesterol reduced)

Ingredients:

Carrot

1 unit

Broccoli

1 unit

Egg white

3 units

Corn starch

1 coffeespoon

Salt and pepper

to taste

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

Lean green cheese

100 gr.

Dice the cheese in 1 cm. cubes.

Peel and cut the carrot in ½ cm. thick semicircles. Wash and cut the broccoli taking out the stems. Place both vegetables in the MultiCocción cavities. Add salt and pepper and microwave on high for 2 ½ minutes. Beat the egg whites with, salt, pepper, the corn starch the provenzal and the green cheese. Add the carrot, and the broccoli and mix. Place the mixture in the TartaExpress. Put the lid on and microwave for 3 minutes on high.

