



Vegetable Omelette Rolls

The great thing about these whimsical egg rolls is you don't have to hover over the stove to make individual omelettes. Serve them for a weekend brunch or to add a little joyfulness to dinnertime. Kids will love them too. A dollop of salsa or a sprinkling of chives on top never hurts either.

8 large free-range eggs
3/4 cup (180 mL) milk or unsweetened nondairy milk
1/3 cup (80 mL) brown rice flour
2 tsp (10 mL) fresh thyme
1/2 tsp (2 mL) sweet smoked paprika (optional)
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) black pepper
1 1/2 cups (350 mL) sliced mushrooms
2 plum tomatoes, seeded and chopped
2 green onions, thinly sliced
1 cup (250 mL) frozen spinach, thawed
1/2 cup (125 mL) grated mozzarella cheese

Preheat oven to 350 F.

Place eggs, milk, flour, thyme, paprika (if using), salt, and pepper in blender and blend on low speed until combined.

Line rimmed baking sheet with parchment paper, making sure that there is 1 in (2.5 cm) of overhang on the two shorter sides. This will make for easier rolling. Brush parchment with oil. Pour egg mixture into pan and top with mushrooms, tomatoes, and green onions. Squeeze as much water from spinach as possible and sprinkle over vegetables. Bake for 12 minutes, or until edges of omelette are set.

Sprinkle cheese overtop and bake for additional 4 minutes, or until cheese has melted.

Let cool for a couple of minutes (don't cool completely or omelette will crack when rolled). Beginning at one shorter end, lift parchment and roll omelette tightly, peeling back parchment as you go.

Slice and serve.

Serves 4.

Each serving contains: 272 calories; 21 g protein; 13 g total fat (5 g sat. fat, 0 g trans fat); 18 g total carbohydrates (5 g sugars, 3 g fibre); 426 mg sodium **a**

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