



Totally Fly Thai-Style Omelette



Entire recipe: 180 calories, 1g total fat (<0.5g sat. fat), 593mg sodium, 7.5g carbs, 1g fiber, 4g sugars, 34.5g protein



Ingredients

3/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
3/4 tsp. reduced-sodium/lite soy sauce
2 oz. cooked and chopped skinless lean chicken breast
1/2 cup chopped bean sprouts
2 tbsp. chopped scallions, divided
Optional topping: Sriracha hot chili sauce

Directions

In a medium bowl, combine egg substitute with soy sauce and mix well. Add chicken breast, bean sprouts, and 1 tbsp. scallions. Gently stir and set aside.

Bring a small skillet (with a lid) sprayed with nonstick spray to medium heat on the stove. Evenly add egg mixture to the skillet. Cover and cook, without scrambling, for about 6 minutes, until egg is mostly cooked and the underside has lightly browned.

Carefully flip omelette and continue to cook (uncovered, without scrambling) for about 2 minutes, until egg is fully cooked.

Serve and top with remaining 1 tbsp. scallions. If you like, top or serve with Sriracha hot sauce. Enjoy!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.