



# EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## Omelet You in on a Secret

Eating the same breakfast everyday can get monotonous. Instead of struggling to think of ways to switch things up, head over to the omelet station. Omelets are an *egg-cellent* and versatile way to start your day with protein, vitamins, minerals, and healthy fat. They are also the perfect vehicle to fill with nutrient-dense ingredients, such as vegetables, and herbs. Omelet stations are open for breakfast and brunch at the dining halls and offer a variety of choices. Looking for a plant-based option? The dining halls offer the vegan egg alternative Zero Egg. Next time you eat breakfast or brunch, try getting creative at the omelet station. We don't mind if you *poach* some of the Healthy Dining Team members' favorite recipes below!

### The OG Omelet

Try an omelet with a sprinkle of cheese.

*\*Claire's favorite*

### Plant-Based Omelet

Load up your omelet with your favorite vegetables, like onions, tomatoes, broccoli, and spinach. Ask your server for Zero Egg. To add dairy free cheese, ask for a manager for assistance. Enjoy this nutrient packed, environmentally friendly breakfast!

*\*Hannah and Alyssa's favorite*

### Egg White Omelet

The dining halls also offer egg whites in addition to whole eggs. Try an egg white omelet with tomatoes, onions, and spinach. Top with siracha for a kick of flavor.

*\*Lindsey's favorite*

### Potato Omelet

Try an omelet with breakfast potatoes and vegan sausage from the serving line.

*\*Rachel's favorite*

## Brunch Recipes

### Southwestern-Style Omelet

During brunch, grab onions, peppers, beans, salsa, and top with hot sauce to create a Tex-Mex inspired meal.

*\*Holly's favorite*

### Mediterranean-Style Omelet

Head over to the salad bar and grab feta, tomatoes, olives, and spinach. Bring the ingredients over to the omelet station, where they will make them into a savory, flavorful omelet for brunch.

*\*Jenny's favorite*

### Spinach and Feta Omelet

Try an omelet with spinach, onions, tofu, mushrooms, garlic powder and a sprinkle of red pepper flakes. Ask for Zero Egg to complete a vegan, satiating start to your day.

*\*Helen's favorite*



*Omelets are all they're cracked up to be.*

Created by: Hannah Briggs

Reviewed by: Peggy Policastro, PhD, RDN-Dining Services/IFNH

References: Rutgers Dining Services Available at: <http://food.rutgers.edu> Accessed on 10/16/23. What are the Best Sources of Protein? Available at: <https://health.clevelandclinic.org/what-are-the-best-sources-of-protein/> Accessed on 10/31/23.

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