

Healthy Food for a Wealthy Mood



Open-Faced Pastrami Omelet on Pumpnickel

1 ½ cups thinly sliced peeled English cucumber
1 Tbsp. whole-grain Dijon mustard
1 Tbsp. cider vinegar
½ tsp. prepared horseradish
¼ tsp. salt, divided
¾ tsp. freshly ground black pepper, divided
2 Tbsp. chopped fresh dill
6 large eggs, lightly beaten
3 oz. chopped pastrami
3 green onions, thinly sliced
2 tsp. olive oil
4 large Bibb lettuce leaves
4 (1-oz) slices pumpnickel bread, toasted

Combine cucumber, mustard, vinegar, horseradish, 1/8 tsp. salt, and 1/8 tsp. pepper in a bowl. Let stand 10 minutes, tossing occasionally.

Combine remaining salt, pepper, dill, eggs, pastrami, and onions in a bowl, stirring with a whisk.

Heat a medium nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add egg mixture to pan; cook 2 minutes. Cover, reduce heat to low, and cook 8 minutes or until set. Cut into 4 wedges. Place 1 lettuce leaf on each bread slice; top with 1 omelet piece and ¼ cup cucumber mixture.

Yield: 4 Servings

CALORIES 246 / FAT 11.7g / IRON 3.3mg / CHOLESTEROL 290mg / CALCIUM 86mg
CARBOHYDRATE 18.3g / SODIUM 766mg / PROTEIN 17.3g / FIBER 2.7g

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