

Veggie Omelet

Prep time: 10 minutes

Cooking time: 10 minutes

Yields: 1 servings

Ingredients:

Organic cooking spray

1/4 cup onion, small diced

1/4 cup bell peppers, small diced

1/4 cup mushrooms, sliced

2 eggs (or 1 egg and 3 tablespoons egg whites)

1 tablespoon water

2 oz. shredded cheddar

Salt and pepper to taste

Directions:

1. Spray medium skillet and place over medium heat. Place onion, mushrooms and bell pepper inside of the skillet and season with salt and pepper. Cook for 4 to 5 minutes stirring occasionally until vegetables are just tender.
2. While the vegetables are cooking beat the eggs with the water and a little salt and pepper.
3. Shred the cheese into a small bowl and set it aside.
4. Remove the vegetables from heat and transfer them to another bowl.
- 5.
6. Spray the skillet again and add the egg mixture. Cook the egg for 2 minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelet with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes or until the center of the omelet starts to look dry.
7. Sprinkle the cheese over the omelet and spoon the vegetable mixture into the center of the omelet. Using a spatula gently fold one edge of the omelet over the vegetables. Let the omelet cook for another two minutes or until the cheese melts to your desired consistency. Slide the omelet out of the skillet and onto a plate and serve.

Chef Mat Shalenko

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