

BREAKFAST OMELETTE

BREAKFAST OMELETTE

Makes 1 large omelette.

- 1/4 Chopped Onion - finely chopped
- 4-6 Egg Whites, lightly beaten
- 1 Egg Yolk
- 2-3 Mushrooms
- 1/2-1 Tomato - finely chopped
- 1 slice Ham chopped



Spray non-stick pan with olive oil and sauté together onion, mushroom, tomato and ham until browned. Whisk together egg white and yolk and pour over mixture. Stir all together as necessary so that omelette does not burn.

Turn onto plate and serve with pita bread or wholegrain toast.

There are many variations, which can be added to this basic recipe, just use whatever is in the fridge.