

# Super Savory Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

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## INGREDIENTS

- 3 large eggs
- Salt and pepper to taste
- 1 tsp avocado oil
- 2 tbsp red onions, chopped
- Handful of spinach or arugula or green of choice
- 2 tbsp shredded cheese
- 2 slices of low-processed ham or meat of choice

## DIRECTIONS

1. In a bowl, whisk eggs with goat cheese until fluffy.
2. In a small skillet heat olive oil.
3. Add to skillet red onions and turkey. Cook for 2-3 minutes then remove from heat.
4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with cooked onions mixture and turkey. Cook for an additional 30 seconds - 1 minute or until eggs are cooked through.
5. Fold in half, remove from heat, and enjoy!

### NUTRITION INFO

Calories: 438, Carbohydrate: 5 grams, Protein: 33 grams, Fat: 31 grams