CHEESE OMELETS

"Fluffy, savory, and packed with nutrients— a tasty and satisfying way to fuel up your day"

PREP TIME **10 MIN**

COOK TIME **10 MIN**

SERVINGS **2 OMELETS**

Ingredients

- 2 large eggs
- 1 cup tomatoes, diced
- 1 ounce shredded mozzarella cheese
- 1 cup of white or red onions, diced
- Dried parsley, for garnish
- Salt and pepper, for seasonings
- Oil, for frying the eggs

Instructions

1. Begin by whisking the eggs, salt and pepper vigorously until they are homogenous
2. Add a teaspoon of oil to a non-stick pan and add the whisked eggs, swirling them in the pan until they are evenly distributed
3. Cover the pan and cook over medium-low heat for 1 minute
4. Sprinkle in all the diced vegetables and cheese on the eggs
5. Gently fold the other half over the toppings
6. Cover the pan and cook over medium-low heat until the eggs are fully set

Notes:

- ***If you are looking for some crisp on top, add ready-to-eat bacon as a garnish***