

Veggie Goat Cheese Omelette

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Ingredients

1 tbsp	Tamari
1 tbsp	Extra Virgin Olive Oil
1 cup	Mushrooms (sliced)
1/4 cup	Red Onion (diced)
2	Garlic (cloves, minced)
2 cups	Baby Spinach
5	Egg
1/3 cup	Goat Cheese (crumbled)
1/4 cup	Parsley (chopped)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	321	Cholesterol	472mg
Fat	23g	Sodium	799mg
Carbs	8g	Vitamin A	4120IU
Fiber	2g	Vitamin C	22mg
Sugar	3g	Calcium	136mg
Protein	22g	Iron	4mg

