

The Omelette Bar

Prep + Cook Time: 10-20 mins Serves: 1

STEP 1: YOUR OMELETTE BASE

- 1 whole egg
- Salt & pepper to season
- ¼ cup liquid egg whites
- ½ tbsp nutritional yeast

STEP 2: CHOOSE YOUR VEGETABLE TOPPINGS (AT LEAST 3 TYPES) as much or little as you like!

- Tomato
- Capsicum
- Asian vegetables (any leafy green)
- Asparagus
- Zucchini
- Sprouts
- Corn kernels (fresh, frozen or canned)
- Onion (red, white or spring)
- Baby spinach, kale etc
- Mushrooms
- Shredded cabbage

STEP 3: ADD A PROTEIN (ONE ONLY)...OPTIONAL!

- 50g smoked salmon
- 100g tofu, drained & dried
- 50g turkey breast
- 50g leg ham (salt-reduced)
- 100g canned beans such as kidney beans etc...(drained & rinsed)
- 50g fat-free bacon eg. Weight Watchers

STEP 6: EAT & ENJOY!

- In a large bowl whisk together the eggs, salt and pepper. Heat a non-stick frying pan and spray with a little oil of choice
- Add the eggs and swirl so the base of the pan is covered with the egg. Sprinkle the nutritional yeast over the omelette base.
- Add your vegetable and protein toppings to one half of the omelette. Fold omelette in half and cook the bottom until browned. Flip and brown other side.
- Remove and add to a plate.

NUTRITIONAL INFO PER SERVE

Calories 183 | KJ's 769 | Carbs 6 | Fat 7 | Protein 26 | Fibre 2
Carbs 12% | Fat 33% | Protein 55%

COMMENTS

Make it to your taste. And enjoy your creation...every day you can make it different...