5-Minute Omelet

**Ingredients**

- 2 – 3 large eggs
- 1 tbsp skim milk
- ½ red pepper (chopped)
- 3 medium white mushrooms (sliced)
- ½ cup spinach and/or arugula
- ¼ cup of shredded cheddar cheese (optional)*

* Nutrition facts include all optional ingredients

**Making it**

1. Crack the eggs into a bowl. Beat together, adding milk.
2. Heat a non-stick pan on medium heat. Add your chosen vegetables and cook for 3-4 minutes.
3. Place spinach/arugula in pan and allow to wilt (1 minute).
4. Pour eggs in with the vegetables and cover pan to cook eggs.
5. Let the omelet cook until it can be lifted from pan, and fold over in half. Cook to desired firmness.
6. Sprinkle with cheese while the omelet is still in the pan to melt it.

**NUTRITION FACTS**

- Servings: 1
- PER SERVING:
  - Calories (kcal): 406
  - Fat (g): 25
  - Carbohydrate (g): 6
  - Fibre (g): 1
  - Protein (g): 26.5

**TIPS & HINTS**

If preferred, milk can be omitted; however adding it will make the omelet fluffier.