

Veggie-Full Omelet

Adapted from: Aylin Erman (*Glow Kitchen*)

Prep time: 5-10 minutes

Cook time: 5-10 minutes

Total time: 15-20 minutes

Serves: 1



Ingredients

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|----------------------------------|----------------------------------|
| 1 tbsp. diced bell red pepper | 1 handful fresh parsley, chopped |
| 1 tbsp. diced long green pepper | 2 eggs |
| 1 tbsp. diced cabbage | 3 tbsp. EVOO |
| 1 small onion, diced | ¼ teaspoon sea salt |
| 2 small crimini mushrooms, diced | ¼ teaspoon black pepper |
| 3 tablespoons diced fresh tomato | ¼ teaspoon sweet paprika |
| 1 oz. goat cheese | ¼ teaspoon cumin |

Instructions

1. In a pan with the olive oil over medium heat, begin to cook the red pepper, long green pepper, cabbage, mushrooms, and onion until the onion becomes transparent. Add the parsley, tomato, and cheese.
2. Whisk the eggs and pour atop the veggies and cheese. Just when the egg begins to harden, use a spatula to pull in the edges of the mixture toward the center, allowing the uncooked egg to drain to the open areas of the pan's surface so it can cook.

3. When cooked to the point so that the top is still somewhat runny, fold the egg over in half like a moon.
4. Serve and enjoy!