

# Veggie Omelet

PREP TIME: 5-10 MIN | COOK TIME: 10 MIN | SERVINGS: 1

## INGREDIENTS:

- 1 Tbsp oil or butter
- 1 cup chopped vegetables of choice (cauliflower, cabbage, celery, tomatoes, spinach, mushrooms, zucchini, etc.)
- 2 eggs, whisked
- Salt and pepper, to taste
- 1/4 tsp paprika (optional)
- 1/4 cup shredded cheese (optional)

## RECIPE NOTES:

- Swap 1 block crumbled firm tofu for eggs to make this recipe vegan!
- Top with green onion, hot sauce, avocado, etc.
- Serve with your favorite carb (toast, potatoes, etc.) to create a balanced meal!

## DIRECTIONS:

1. Heat oil or butter in a small or medium-sized pan over medium-high heat.
2. Add vegetables of choice and cook until slightly softened, about 2-3 minutes.
3. In a separate bowl, whisk eggs and add in seasonings (salt, pepper, paprika, etc.). Stir to mix in seasonings.
4. Pour eggs into the pan and swirl to cover the entire bottom of the pan and all vegetables. Top with shredded cheese. Cover with a lid, reduce heat to low, and let it cook for 3-5 minutes, or until omelet rises and eggs appear fluffy.
5. Gently lift one side of the omelet using a spatula and tilt the pan to allow any remaining runny egg to run down to the bottom so it can cook evenly.
6. Fold omelet in half and serve immediately.

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