



Garden Omelet



What you'll need:

- 2 eggs*
- A pinch of salt and pepper
- Bell peppers- finely chopped*
- Mushrooms- chopped*
- Tomatoes- chopped*
- Onion- chopped*
- 2 tablespoons olive oil
- 1 teaspoon garlic
- ¼ cup sharp cheddar or mozzarella cheese*
- Cooking spray

Directions:

1. Heat oil over medium heat in sauté pan.
2. Add vegetables, allow to cook for 3-4 minutes.
3. Meanwhile, beat 2 eggs in a small bowl.
4. Remove vegetables from heat and set aside.
5. Return pan to medium heat, spray with cooking spray and add eggs.
6. Add vegetables immediately after.
7. Allow egg to cook for 3-4 minutes, until it is no longer runny.
8. Add cheese and fold egg in half.

****WIC approved food***