

Goats Cheese Omelette



Serves
1 person

Prep Time

Cooking

Total Time

Calories
227 kcal

Stuff that's in it:

- 1 Egg
- 87G Egg Whites
- 28G Goats Cheese
- Red Onion
- Mushrooms
- Tomatoes

What you do:

Pre heat your grill.

Cook your mushrooms and tomatoes, set aside, whisk your eggs and egg whites.

Pour into a non stick pan, allow to go opaque add your mushrooms, tomatoes and onion (I don't pre cook onion because it releases a colour in the egg mixture in the pan) pop on your goats cheese and pop under the grill for a minute or so.

Drop with balsamic vinegar droplets.

Nutrition

• Protein: 21g

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