

## Goats Cheese Omelette



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>227 kcal</b>

### 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

Copyright 2024 by Sarah McDonald, All Rights Reserved.

**[www.fitfastcook.com](http://www.fitfastcook.com)**