



## Mushroom & Chive Omelette

1 serving  
15 minutes

### Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 cups Mushrooms (sliced)
- 1 tbsp Chives (chopped)
- 3 Egg
- 1 cup Egg Whites

### Nutrition

Amount per serving	
Calories	508
Fat	29g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	51g
Cholesterol	558mg
Sodium	626mg
Vitamin A	941IU
Vitamin C	6mg
Calcium	110mg
Iron	4mg

### Directions

- 1 Heat half of the oil in a pan over medium heat. Add the mushrooms and cook for five to seven minutes until the mushrooms have softened. Add the chives and transfer to a plate to set aside.
- 2 Whisk the eggs and egg whites in a small bowl.
- 3 Heat the remaining oil in the pan. Add the eggs and cook until almost set. Place the mushrooms on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use oil instead of butter.

**More Flavor:** Add garlic, onions, red pepper flakes, hot sauce, and/or salt.

**Additional Toppings:** Add cheese and/or fresh herbs.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk or water.

**More Veggies:** Add spinach or kale.