



DENVER OMELETTE

INGREDIENTS

1 Serving

- 1 whole egg
- 2 egg whites
- 1 mini bell pepper
- 1 green onion stalk
- 3 baby bella mushrooms
- 2 oz. Low-sugar uncured ham (or protein of your choice)
- 1 tsp. Coconut oil
- salt and pepper to taste

INSTRUCTIONS

- Whisk eggs, salt, and pepper together in a small bowl and set aside.
- Add 1/2 tbsp of coconut oil in medium-size skillet; add ham and saute until browned and crispy, approximately 2 minutes.
- Add onions, mushrooms, and peppers and saute until onions become translucent approximately 2-3 minutes. When cooked, transfer ham, onions, mushrooms & peppers into a clean bowl.

DENVER OMELETTE

INSTRUCTIONS CONTINUED

- Add eggs to the same skillet, running a heat-proof spatula through the center to allow eggs to cook through.
- When the center is still slightly runny, add the ham, onions, mushrooms, and peppers to the center and carefully fold omelet in half. Cook on one side for one minute, then flip to the other side until center is cooked through.