

Omelet with Vegetables

Contributed by Craig S., Hopelink Harvest volunteer

Ingredients:

- 2 tsp vegetable oil, divided
- 2/3 cup eggs, beaten (or liquid eggs)
- 1/2 cup mixed vegetables, chopped (green pepper, onion, mushrooms, zucchini, broccoli)
- *Optional:* 1/8 tsp Italian seasoning, or salt and pepper to taste

Method:

1. Heat 1 tsp oil over medium heat in medium-size pan. Sauté vegetables for 3-4 minutes, until slightly browned. Set aside.
2. In same pan, add 1 tsp oil over medium heat. Add beaten or liquid eggs, and sprinkle in Italian seasoning or salt and pepper.
3. When partially set (2-3 minutes), add vegetables on one half and fold other half of eggs on top. Cook another 2-3 minutes, then serve!

Serves 1.

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Growing Connections to Fresh Food

