

## **Omelette Veggie Sandwich**

## **Ingredients:**

- 2 eggs
- 1 slice of bread
- 1 slice of preferred cheese
- ¼ cup spinach
- ¼ cup chopped tomato
- 2 tablespoon chopped onions
- 1 tbsp butter
- pinch of salt
- pinch of pepper (optional)

## **Instructions:**

- 1. Start by mixing the 2 eggs with salt and pepper in a small bowl
- 2. Cut your slice of bread and cheese in one half
- 3. Start heating your pan in medium heat and add butter once pan is hot.
- 4. Add the egg mixture into the hot pan to start cooking
- 5. Dip the two cut slices of bread in the egg mixture coating the bread completely and leave the bread in the pan to cook
- 6. When the egg begins to cook completely on one side flip the egg
- 7. Once egg is cooked fold excess egg into bread slices and add cheese on top for it to start melting
- 8. In a separate or the same pan add chopped vegetables and cook for 4-5 minutes
- 9. Add cooked vegetables into the now made sandwich and enjoy!

Prep Time: 10 minutes

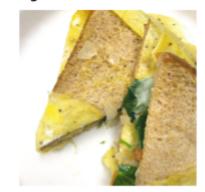
Cooking Time: 10 minutes

## Equipment:

- Skillet
- Mixing bowl
- Mixing spoon
- Chef's knife
- Cutting board
- Measuring spoons

Servings: 1

Serving Size: 1



Nutrition Information: 380kcals, 14.5g protein, 8.4g fiber, 68.5 carbs, 5.4g fat