Mushroom, Scallion and Cheese Omelette
Oshkosh Community YMCA

So easy and nutritious, with protein and a handful of veggies. This one keeps it simple but still tasty with hearty mushrooms and onions.

INGREDIENTS:

- 2 eggs
- 1 tablespoon milk
- salt and ground black pepper to taste
- 1 teaspoon coconut oil
- 2 mushrooms, chopped
- 1 green onions (green parts only), minced
- 1 tablespoon shredded Cheddar cheese, or to taste

INSTRUCTIONS:

1. Beat eggs together with milk, salt, and pepper in a bowl.
2. Heat oil in a skillet over medium heat. Add mushrooms; cook and stir until softened, about 5 minutes. Mix in green onions; cook until slightly softened, about 1 minute. Pour in the beaten eggs. Cook and stir until the edges harden, 2 to 3 minutes. Flip and sprinkle Cheddar cheese on top. Cook until egg is set and cheese is melted, 1 to 2 minutes. Fold omelet in half; top with more Cheddar cheese.

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Recipe Source https://www.allrecipes.com/recipe/259120/mushroom-scallion-and-cheese-omelet/

Nutrition

Servings Per Recipe 1
Calories 213

	% Daily Value *
Total Fat 16g	21%
Saturated Fat 8g	41%
Cholesterol 336mg	112%
Sodium 334mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Total Sugars 2g	
Protein 15g	29%
Vitamin C 4mg	4%
Calcium 127mg	10%
Iron 2mg	11%
Potassium 297mg	6%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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