



red onion and mushroom omelette

This red onion and button mushroom omelette provides a filling healthy breakfast with lots of flavor but still easy and fast to whip up.

Ingredients

4 Eggs	1/2 red onion, finely chopped
2 cloves of garlic, minced	8 button mushrooms, sliced
½ of green bell pepper, finely chopped	Salt and pepper to taste

Method

Put some vegetable oil in a pan and heat it. Add your red onion, green bell pepper and garlic and allow this to sauté until soft and fragrant. Add your sliced button mushrooms and let this cook down for about 3-5 minutes until they slightly soften and shrink. Take from heat and set aside.

Whisk your eggs with the salt and pepper and add to the heated pan. This should be followed immediately by the mushroom sautee. Cook your omelette as usual and serve



SERVE WITH: some bread and tea/coffee ☺

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/red-onion-and-button-mushroom-omelette/>