



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: 380kcal, 14.5g protein, 8.4g fiber, 68.5 carbs, 5.4g fat

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry