

## Open Faced Veggie Omelet

Breakfast for me is usually oatmeal or yogurt, sometimes a smoothie. I rarely cook anything more complicated than that, but sometimes my husband wants something more substantial, so I'll make eggs.

He doesn't complain much about what I make; I'm lucky in that he'll eat just about anything. He will usually even compliment my cooking, but this time, he raved about this opened faced omelet, so I thought I'd share it with you.

It's a simple mix of veggies cooked in Ava Jane's Kitchen extra-virgin avocado oil. A few eggs, some sliced tomatoes, and Parmesan cheese sprinkled on top. A sprinkle of sea salt, and lots of fresh ground pepper round it out. It took about 10 minutes, was healthy, and delicious. Is there anything better?

At the end, I drizzled it with a tiny bit more of the avocado oil, because it has a much different flavor when it's not heated. It's a nice touch that I add to a lot of dishes to give it a bit more flavor.

## Open Faced Veggie Omelet

Serves 1

### Ingredients:

2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil, plus more for drizzling  
1/2 cup shredded kale or spinach  
1/4 cup diced onion  
1/4 cup sliced mushrooms  
1 clove garlic, minced  
3 eggs, beaten well  
4-5 cherry tomatoes, sliced  
Grated Parmesan cheese  
Fresh ground black pepper  
Colima Sea Salt

### Directions:

Heat the oil in nonstick skillet over medium heat. Add the veggies and garlic and cook until softened. Add the eggs to the pan, turn the heat down to low and cover. Let cook for a few minutes until eggs are set.

Top with the tomatoes and cheese and cover for another minute until cheese is slightly melted. Turn off heat and transfer to plate. Sprinkle with black pepper and Colima Sea Salt, and drizzle lightly with Ava Jane's Kitchen extra-virgin avocado oil before serving.