

## Roadside Veggie Omelet

I like to start my day with a lot of veggies. It doesn't always happen, but when it does it sets my day off to the right start. I don't worry about what I'm eating the rest of the day when I get my vegetables in first thing in the morning.

Of course, there are only so many ways you can do that, and most of them don't really work well with mornings. Unless you add veggies to breakfast food. Like this easy recipe.

I love recipes like this because it really doesn't have any rhyme or reason besides what you have in your fridge. Onions and garlic. Check. Broccoli. Check. Bell peppers. Check. Avocado? Maybe next time.

The only thing missing is some seasoning, which I took care of with Ava Jane's Kitchen Roadside Chicken seasoning. This savory blend goes with more than just chicken — it's amazing on veggies as well, especially since it's not overly spicy. It turns a big plate of veggies into something super satisfying, which gets your day off to the best start.

## Roadside Veggie Omelet

Serves 1

Prep time: 15 minutes

### Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil  
1/4 cup diced onion  
2 cloves garlic, minced  
1/2 bell pepper, sliced  
1/2 cup broccoli florets  
1 teaspoon Roadside Chicken seasoning blend  
3 eggs, beaten  
6 cherry tomatoes, halved  
2 green onions, sliced

### Directions:

Heat the oil in a small skillet over medium high heat. Add the onion, garlic, peppers, broccoli and seasoning. Cook for a few minutes, until veggies are soft. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Continue cooking until eggs are done.

Add the tomatoes and green onions to the top, slide on a plate and serve.