

Avocado & Kale Omelet

submitted by Shamarie84



Per serving: 336 Calories • 11.8g Carbs (5.2g Fiber) • 26g Fat • 16.9g Protein

Ingredients

Ingredients scaled to: 1 servings

- 2 large **Egg** (100 grams)
- 1 tsp **Reduced fat milk** (5.1 grams)
- 1/16 dash **Salt** (0.025 grams)
- 2 tsp **Olive oil** (9 grams)
- 1 cup, chopped **Kale** (67 grams)
- 1 tbsp **Lime juice** (15 grams)
- 1 tbsp **Fresh cilantro** (1 grams)
- 1/3 tbsp **Sunflower seed kernels** (2.9 grams)
- 1/16 tsp **Crushed red pepper flakes** (0.020 grams)
- 1 dash **Salt** (0.40 grams)
- 1/4 fruit, without skin and seed **Avocados** (34 grams)

Directions

Directions are based on the original recipe of 1 servings

1. Beat eggs with milk and salt in a bowl. Heat 1 teaspoon oil in a small nonstick skillet over medium heat.
2. Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes.
3. Flip the omelet over and cook until set, about 30 seconds more. Transfer to a plate.
4. Toss kale with the remaining 1 teaspoon oil, lime juice, cilantro, sunflower seeds, crushed red pepper and a pinch of salt. Top the omelet with the kale salad and avocado.