

Herb Omelette with Fried Tomatoes

submitted by ABLT

Per serving: 248 Calories • 6.5g Carbs (1.7g Fiber) • 17.7g Fat • 16.1g Protein

Ingredients

Ingredients scaled to: 2 serving

3 tsp **Olive oil** (13.5 grams)

3 tomato **Tomatoes** (333 grams)

4 extra large **Egg** (224 grams)

1 tbsp, chopped **Basil** (2.6 grams)

1/2 tsp **Pepper** (1.1 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Half tomatoes and chop basil.
2. Heat the oil in a skillet and add the halved tomatoes cut-side down until starting to soften. Set aside when cooked.
3. Beat the eggs with basic and pepper. Add to pan and stir gently. When nearly cooked, allow to set into an omelette.
4. Serve with tomatoes.