

## Onion and Tomato Omelet

submitted by RichardVictor



Per serving: 300 Calories • 4.4g Carbs (0.9g Fiber) • 24.7g Fat • 14.7g Protein

### Ingredients

*Ingredients scaled to: 1 omelet*

- 2 extra large **Egg** (112 grams)
- 2 tbsp chopped **Onions** (20 grams)
- 1 dash **Salt** (0.40 grams)
- 1/4 cup, chopped or sliced **Tomatoes** (45 grams)
- 1 tbsp **Vegetable oil** (14 grams)

### Directions

*Directions are based on the original recipe of 1 omelet*

1. Scramble eggs in a bowl. Set aside.
2. Heat oil in skillet, add tomatoes and onions. Cook until soft.
3. Add eggs to skillet and begin to swirl until eggs are set. Season with salt.
4. Fold one side of omelette over and remove from pan.