

# HEALTHY COOKING

## MUSHROOM & ZUCCHINI OMELETTE



SERVES 1

### INGREDIENTS

- ▶ Ingredients:
- ▶ ¼ onion, sliced
- ▶ 2 tablespoons olive oil
- ▶ 1 medium zucchini (about 120g), sliced thinly
- ▶ 1 clove garlic, diced
- ▶ 3 mushrooms, sliced thinly
- ▶ 2 eggs

### PREPARATION:

Bring a pan up to a medium heat and add the oil. In an easy pour jug whisk the 2 eggs lightly, with a fork is sufficient. Add the vegetables to the egg mixture and pour into the pan, trying to distribute the vegetables relatively evenly. Cook until the top of the mixture starts to bubble, then fold one side on top of the other and cook for a further 1-2 minutes, or until all of the egg mixture has set.

### Each serving:

**Protein: 12.0g | Carbohydrate: 5.5g**

NEW IMAGE