



## Cheesy Omelette & Mixed Greens

1 serving

10 minutes

### Ingredients

2 tsps Butter (softened)  
3 Egg (whisked very well)  
Sea Salt & Black Pepper (to taste)  
3/4 oz Cheddar Cheese (extra old, finely grated)  
1 1/2 tsps Chives (chopped)  
2 cups Mixed Greens  
1 1/2 tsps Balsamic Vinaigrette

### Nutrition

Amount per serving	
Calories	409
Fat	32g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	25g
Selenium	52µg

### Directions

- 1 Heat a non-stick skillet over medium-low heat. Melt the butter without letting it brown.
- 2 Pour the eggs into the skillet and season with salt and pepper. Whisk constantly with a spatula until the mixture is just starting to set but still creamy on top, about one minute.
- 3 Reduce the heat. Add the cheese to the eggs and tilt the skillet to slide the eggs to one side. Using a spatula, roll the omelette into a log.
- 4 Tilt the skillet again, rolling the omelette onto a plate. The center of the omelette should still be slightly runny.
- 5 Top the omelette with chives and serve with the mixed greens. Add the balsamic vinaigrette to the mixed greens and enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add tomatoes, cucumbers, fennel, and/or radishes to the mixed greens. Whisk the eggs with milk, heavy cream, or any alternative milk.

**Dairy-Free:** Use vegan cheese instead of cheddar cheese or omit completely. Use oil instead of butter.