

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Mushroom & Thyme Omelet

1 serving

Ingredients:

- ¼ cup mushrooms, chopped
- 2 eggs
- 1/8 tsp thyme, dried
- ¼ tsp sea salt
- 1 Tbsp + 1tsp butter (separated)

Directions:

- Mix all ingredients except mushrooms together.
- Heat 1 tsp. butter in small skillet.
- Sauté mushrooms in butter until cooked through. Set aside.
- Heat 1 tsp butter in same skillet and add egg mixture.
- Reduce heat to low and cook until eggs are half set. Do not stir.
- Add mushrooms.
- Flip in half and continue cooking for approximately 2-3 minutes.

Slide flat onto plate and serve.