

Tomato Basil Omelette

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 1

Ingredients

100g Tomato
Fresh Basil, chopped
1 tsp. Garlic Powder
Sea Salt & Pepper to taste
1 egg
3 egg whites
Chives
Tabasco Sauce (optional)

Instructions

- 1 Sauté tomatoes, basil, garlic powder and salt and pepper until soft.
- 2 In a separate bowl, whisk eggs and pour into a heated pan on medium.
- 3 Add tomato mixture onto one side.
- 4 Flip over the other side of the omelette.
- 5 Garnish with chives and tabasco sauce.

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