



## **GARDEN FRESH OMELETTE**

### **INGREDIENTS:**

- 2 tbsps water
- 1 cup mushrooms, chopped
- ½ cup red pepper, chopped
- 2 handfuls spinach
- 1 tsp olive oil
- 1 carton Chino Valley Ranchers cage free egg whites
- 4 tsps grated Parmesan cheese
- Salt and pepper

### **DIRECTIONS:**

1. Pour two tablespoons of water into a skillet.
2. Add one cup chopped mushrooms and ½ cup chopped red pepper, and stir.
3. Season with salt and pepper, and stir.
4. Add two handfuls of spinach, and stir.
5. In a separate skillet, add one teaspoon of olive oil.
6. Pour in one carton of Chino Valley Ranchers cage free egg whites.
7. Season with salt and pepper.
8. Add veggies and sprinkle four teaspoons of grated Parmesan cheese.
9. Cover until fully cooked and serve!