

Avocado Sunrise Omelet

Recipe Cookbook: Fabulous Food Associations

Prep Time: 5 minutes

Cooking Time: 5 minutes

INGREDIENTS:

8 eggs

1 green onion, sliced

1 C mushrooms, sliced fresh

1 avocado, seeded/peeled/diced

1/2 C cheddar cheese, shredded

Salt & pepper, to taste

DIRECTIONS:

Beat eggs with fork till lemon colored. Stir in green onion, mushrooms & avocado. Add salt & pepper to taste.

Pour egg mixture into oiled 12" skillet or omelet pan - cook till bottom of omelet is set. Flip omelet over in pan to warm plate; sprinkle top with cheese. Cut into pie-shaped wedges & serve.

Serves: 4