



My Favorite Omelets

Ingredients

- 5 egg whites (include 1 yolk)
- 2 strips lean turkey bacon (browned and cut into bite size pieces)
- 4 olives (sliced) or try Kalamata olives for more flavor
- 1/2 ounce feta cheese
- 3 thin slices avocado
- 1 slice roam tomato (diced)

Directions

1. Scramble the egg whites and yolk and pour into a good non-stick omelet pan.
2. After one side is done flip the omelet completely over (this requires some practice during to the size of the omelet).
3. Spread the ingredients on 1/2 of the omelet. When the bottom is cooked, fold the omelet in half and server.