



## Avocado Lime Omelet

*This recipe is perfectly balanced with just the right amount of vegetables to add flavor, but not to the point where your egg disintegrates into a jumbled mess.*

### Ingredients:

- 1 egg
- 1/8 cup diced onion
- Diced bell pepper to taste (1-2 tbsp)
- 1/4 diced avocado
- 1 lime wedge for garnish
- Salt

### Optional:

- Frank's Red Hot Sauce to taste
- Aged cheddar

### Directions:

- In a small, non-stick pan, lightly coat the bottom with nonstick spray
- Add the diced onions, bell pepper, and sauté. Season with a bit of salt, until golden
- In a bowl, whisk the eggs until beaten. Season with a pinch of salt and half of the avocado
- Mix the egg and half of the avocado together until you've reached your desired texture - anywhere from creamy to chunky
- Add onions and chilies to the egg mixture and stir well.
- Lightly coat the bottom of the pan with nonstick spray and pour in the egg mixture
- Cook until lightly golden and the base is solid, then flip to cook the other side.
- Slide omelet onto a plate, garnish with remaining half of avocado and lime wedge
- Enjoy!

*“Remember why you are here and doing this.”*

