



## PORTOBELLO MUSHROOM AND GOAT CHEESE OMELET<sup>o</sup>

**SERVES: 1** Prep Time: 15 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½ 1



- |                |   |           |  |
|----------------|---|-----------|--|
| <b>2</b>       | large eggs  | <b>1.</b> | Combine eggs, salt, and pepper in a medium bowl; whisk to blend. Set aside.  |
| <b>1 dash</b>  | sea salt (or Himalayan salt)  | <b>2.</b> | Heat ½ <i>tsp.</i> ghee in medium skillet over medium-high heat.   |
| <b>1 dash</b>  | ground black pepper   | <b>3.</b> | Add mushrooms; cook, stirring frequently, for 5 minutes, or until tender. Remove mushrooms from skillet. Set aside.  |
| <b>1 tsp.</b>  | ghee (organic grass-fed, if possible), <i>divided use</i>           | <b>4.</b> | Cool skillet, wipe skillet dry. Heat <i>remaining</i> ½ <i>tsp.</i> ghee over medium-low heat.   |
| <b>1 cup</b>   | thinly sliced baby portobello (or button) mushrooms (approx. 3 oz.) | <b>5.</b> | Add egg mixture. Stir continuously for 3 to 4 minutes, or until eggs are almost set.   |
| <b>2 Tbsp.</b> | crumbled goat cheese  | <b>6.</b> | Add mushrooms and cheese, turn off heat, cover. Let stand for 1 to 2 minutes, or until heated through. Gently fold in thirds (or in half) for a more traditional omelet. |
|                | Chopped fresh flat leaf (Italian) parsley (for garnish; optional)   | <b>7.</b> | Serve omelet immediately, garnished with parsley, if desired.  |

### VARIATIONS (OTHER OMELET COMBINATIONS INCLUDE):

- Red bell peppers and grated Parmesan cheese
- Spinach and feta cheese
- Broccoli and cheddar cheese
- Asparagus and provolone cheese

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 244 Total Fat: 18 g Saturated Fat: 6 g Cholesterol: 387 mg Sodium: 493 mg Carbohydrates: 4 g Fiber: 1 g Sugars: 3 g Protein: 17 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.