**Tomato & Onion Omelette**

Prep time: 5 min Cook time: 5 min

**Ingredients:**

* 3 eggs
* ½ tsp salt (low sodium)
* 1 tbsp olive oil
* ¼ teaspoon haldi
* 2 green onions, finely chopped
* ¼ cup tomato finely chopped
* Pinch of black pepper powder

**Instructions:**

1. In a bowl, break the eggs and add salt. Whisk until frothy and set aside.
2. Heat olive oil in a pan over medium heat. Add haldi (turmeric), chopped green onions, and tomatoes. Saute for about a minute until the vegetables are slightly softened.
3. Pour the whisked eggs into the pan, spreading them evenly over the vegetables. Cook until the edges begin to set.
4. Gently slide the edge of a spatula between the edge of the omelette and the pan. Tilt the pan to help flip the omelette and cook the other side for an additional minute or until fully cooked.
5. Slide or lift the omelette from the pan onto a plate. Sprinkle with black pepper powder and serve hot.