**Wild Mushroom Omelet**

**Ingredients:**

* 2 tablespoons butter
* 4 ounces morel or shiitake mushrooms, sliced (or half that amount of reconstituted dried)
* 1/4 cup finely chopped red onion
* 2 cloves garlic, chopped
* 1/2 teaspoon dried thyme leaves
* 1/2 teaspoon grainy Dijon mustard
* Salt and pepper
* 6 eggs
* 1/4 cup chopped fresh parsley plus sprigs for garnish
* 3/4 cup shredded Gruyere cheese

**Directions:**

Melt butter in a small nonstick skillet over medium-high heat; saut mushrooms, onion, garlic and thyme 4 minutes, until tender. Stir in mustard and season with salt and pepper; remove from heat.In medium bowl, whisk eggs, parsley and 1/4 cup cheese until mixed. In same skillet, melt 1/2 tablespoon butter over medium-high heat and add half the egg mixture. Tilt pan or spread eggs to cover bottom of pan. Cook until set, lifting omelet with rubber spatula to allow uncooked egg to flow underneath. Top omelet with 1/4 cup grated cheese and half the mushroom mixture. Fold up filled portion over center of omelet and roll it out onto serving plate. Repeat with remaining butter, egg mixture, cheese and mushroom mixture. Garnish with parsley sprigs.

**Nutritional Information  
Per Serving:**

Net Carbs: 14.5 grams

Fiber: 4.0 grams

Protein: 38.5 grams

Fat: 42.0 grams

Calories: 612

**Recipe Information:**

Makes: 2 servings

Prep Time: 0:15:00

Marinate Time: 0:00:00

Cook Time: 0:10:00

Cool Time: 0:00:00