



Omelet Cakes

Ingredients:

- 4 eggs, whisked
- ½ cup mushrooms
- ½ cup scallions
- ½ cup tomatoes, sliced
- ½ tsp paprika
- ½ tsp cumin
- ¼ tsp oil (any healthy fat list on phase 1 sheet)
- Sea salt and pepper to taste

Cooking Directions:

1. Preheat oven to 375° F.
2. In a hot non-stick skillet with oil—add mushrooms, leeks, sea salt and pepper; let cook.
3. Add scallions; let cook.
4. Before the scallions change color, add tomatoes, paprika and cumin; remove from heat and let cool down.
5. Once the vegetables have cooled down, in a small bowl, mix together with the whisked eggs.
6. Lastly, pour mixture into a few muffin tins; place in oven until cooked.
7. Enjoy!

Servings: makes 1 serving.

Each serving = 4 oz. lean protein, 1 cup select vegetables, ½ cup occasional vegetables.

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