

Breakfast

Guacamole Omelet

**Vegetarian, Gluten-Free*

Omelets are just screaming for variation. And this recipe provides just That! Enjoy the combination of southwestern flavors in this fantastic breakfast, lunch or dinner entrée.

You'll Need

- 2 eggs
- Salt & pepper
- Milk
- 2 pinches nutmeg
- Avocado
- Tomato
- Onion
- Feta Cheese
- Greased frying pan with olive oil
- Tabasco
- Fresh Lime



Directions

- Crack eggs into a small bowl. Add salt, pepper, a dash of milk, and approximately two pinches of nutmeg (you can add more or less than this). Beat mixture.
- Cut an avocado in half, remove pit. Cut half of avocado in half. Peel skin off. Slice in quarters. Mince tomato and onions.
- Turn stove onto medium-high and let pan get warm. Add eggs. Sprinkle in feta cheese. Let cook for a minute or until starting to congeal. Add in avocado, tomato, onion on one side of omelet. Flip bare side over to filled side. Sprinkle top of omelet with Tabasco. Squeeze fresh lime onto omelet.

Play With Your Food

- Use a different type of cheese
- Top with a salsa of choice
- Leave out Tabasco

Medwell Kitchen Tested