

Western Omelette

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 1 serving

SERVING:

386 Calories

24.2g Protein

2.9g Carb

0.1g Fiber

2.8g Net Carbs

31g Fat

(72% Fat, 26% Protein, 3% Carbs)

INGREDIENTS

1 tbsp butter

2 large eggs

1 tbsp water

1 tbsp finely chopped green onion

1 thin slice of deli ham, finely chopped

1 oz old cheddar, grated

salt and pepper to taste

1/4 of large avocado (optional)

DIRECTIONS

Melt butter over medium heat.

Beat eggs with water and then incorporate the remaining ingredients.

Pour into pan and cook to set bottom lifting the sides of the omelette to allow uncooked portion to puddle underneath. When most of the omelette is set, flip it or place it under the broiler to cook the top.

Slide onto a plate and garnish with avocado if desired. Yum!!!

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