

## Veggie Potato Omelet

Makes 4 Servings

Calories 304 Per Serving

### Ingredients

Extra virgin olive oil or grape seed oil

1 golden skinned potato halved and sliced very thin

Garlic powder dash

1 stock green onions

Chopped salt and pepper

Pinch 8 large eggs

2 small tomatoes

Chopped 1/4 cup mushrooms

Slice 1/2 pepper jack cheese

Shredded 1 tablespoon cilantro chopped

1/2 teaspoon fresh lime juice

1. Heat pan with lightly covered with oil, on medium-low heat.
2. Add potato slices and cook, stirring occasionally until golden brown.
3. Add garlic powder, green onion (use half of it), salt and pepper and cook for 1 minute more.
4. Beat eggs in a large bowl and combine half of tomatoes and pepper jack to eggs.
5. Add just enough oil (so that the egg mixture won't stick to the pan). Add the egg mixture to the potatoes.
6. Preheat oven to 275 degrees.
7. While the oven is preheating, lift the edges of the cooked part of the omelet so that the uncooked part is going underneath. Do that until there are almost no more of the runny, uncooked egg left.
8. Sprinkle the rest of the cheese on top of the unfinished omelet and put it in the oven for about 2 minutes.
9. While the omelet is cooking, in a bowl combine the rest of the tomatoes, green onions, cilantro and lime juice.
10. When the omelet is done, take out of the oven, flip half of the omelet, cut into wedges and top it off with salsa and serve.