



Turmeric Omelet

Yield: 1 serving

Ingredients:

2 eggs

1 tablespoon olive oil or butter

1 tablespoon onions, finely chopped

1 tablespoon tomato, deseeded and finely chopped

1/8 teaspoon salt

1 pinch turmeric

Source:

Verywellfit.com

Directions:

1. Chop onions and tomatoes.
2. Mix together in a bowl with salt and turmeric.
3. Break the eggs into the same bowl.
4. Beat the eggs until frothy.
5. Add oil to a pan and heat over medium-to-low heat. Do not let the pan get hot, it will brown the omelet.
6. Pour the egg mixture in the pan, cook until the eggs set.
7. When the base firms up, flip over onto one side, fold in half, and cook till done.
8. Serve hot.

Nutritional facts per serving:

Calories:	253	Vitamin A:	995 IU
Fat:	228 g	Vitamin C:	29.5 mg
Carbohydrates:	2.2 g	Vitamin D:	31 mcg
Fiber:	.4 g	Calcium:	51 mg
Protein:	11.3 g	Iron:	2.3 mg
Potassium:	166 mg		