

Stuffed Mushroom Omelet

Ingredients:

- 2 eggs (or use 1 egg and 1 egg white)
- 1-2 T. milk or cream
- 1/3 c. parmesan cheese, optional
- salt and pepper to taste (we like to use [mineral salt](#) or [Lawry's garlic salt](#))
- 1/2 c. sliced mushrooms
- 2-4 T. butter
- 1-2 c. shredded cheese
- 1 t. [nutritional yeast](#), optional
- bacon bits, optional
- chives, optional

Directions:

Beat eggs in a small bowl. Mix in the milk, parmesan cheese, salt, and pepper until blended.

Heat butter in a large skillet over medium heat; cook and stir mushrooms about 5 minutes. Remove from heat and set aside.

Heat more butter in the pan, if needed.

Pour in the egg mixture; as the eggs set gently lift the edges, letting the uncooked mixture flow underneath.

Once the eggs are mostly cooked sprinkle with shredded cheese and add the cooked mushrooms.

Carefully fold the omelet in half, cook 1-2 minutes and then flip and cook an additional 1-2 minutes.

Sprinkle with nutritional yeast and garnish with bacon bits and/or chives as desired.