

Salmon and Avocado Omelet

Prep Time

5 minutes

Cooking Time

10 minutes

Yields

1 serving

Ingredients

2 eggs

1 tbsp olive oil

1/2 small onion, thinly sliced

2 slices smoked salmon

1/4 avocado, diced

Salt and pepper to taste

Directions

1. Beat eggs in a small bowl.
2. Heat olive oil in a frying pan.
3. Add onion and sauté for 5 minutes.
4. Add eggs, turn heat to low, and cook for 3-5 minutes until eggs are mostly cooked.
5. Distribute salmon and avocado evenly across the eggs.
6. Use a spatula to fold the omelet in half and cook 30 seconds on each side.