



# Recipes

## Breakfast

### **Salmon-Avocado Omelet**

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 1 serving*

#### **Ingredients:**

2 eggs

1 tablespoon olive oil

1/2 small onion, thinly sliced

2 sliced smoked salmon

1/4 avocado, diced

Salt and pepper to taste

#### **Directions:**

1. Beat eggs in a small bowl.
2. Heat 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.