

# Vegetable Omelet

Recipe By *Nitra Ladies Auxiliary*



Cooking and Prep:  15  
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Serves:  4

Contains: 

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Nine Days,  
Passover

**Diet:** Vegetarian, Pescetarian

**Source:** The Heimishe

Kitchen (Nitra Cookbook)

Whether for Sunday brunch or breakfast-for-supper, these beefed-up eggs are a nutritious and delicious option you can't really get wrong. Add a salad or grain dish and you've got a full meal.

## Ingredients (6)

### Main ingredients

- 1 tablespoon butter
- 1 cup chopped onion
- 1 cup diced green pepper
- 1 cup sliced mushrooms

6–8 eggs (for a low-fat option, use 2–3 cups **Haddar Egg Whites**)

6 ounces shredded cheese

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## Start Cooking

### Prepare the Omelet

1. In a nine-inch frying pan, melt butter. Sauté onion, green pepper and mushrooms until tender.
2. Beat eggs until frothy. Add to vegetables.
3. Add cheese and cook omelet until set.

### Credit

Photography and Styling: Tamara Friedman