

Integrative Health Institute

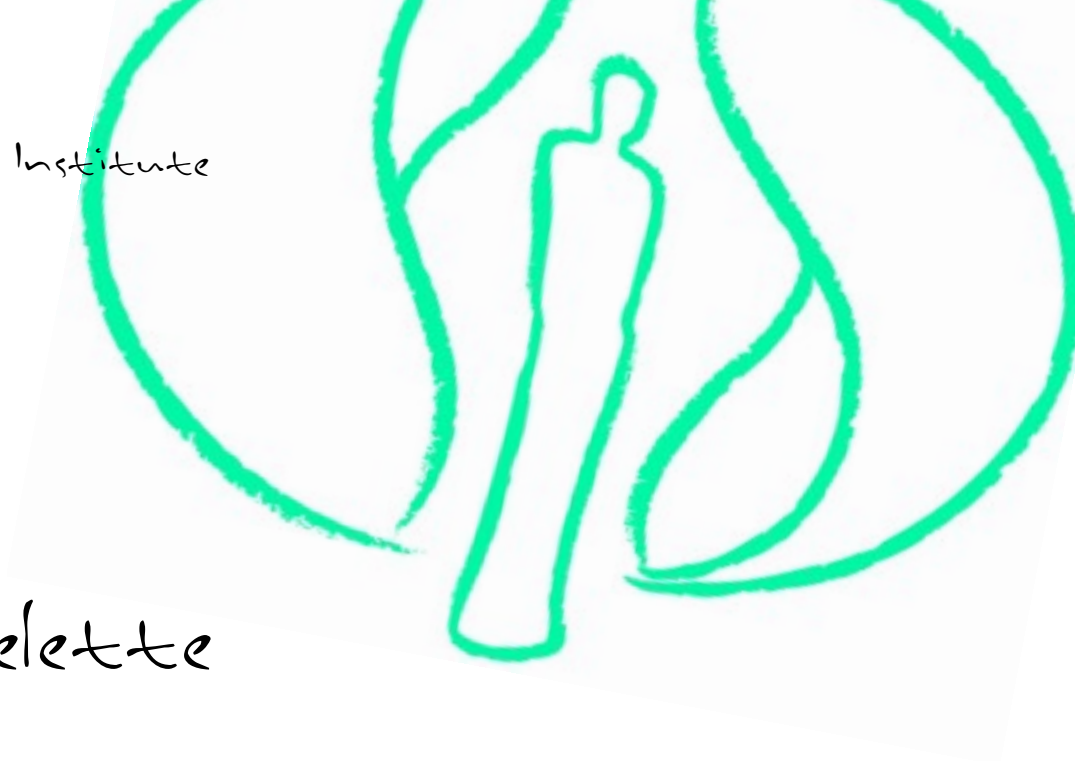
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Veggie Omelette

Created By: Erin Wiley

Servers 1-2

Ingredients:

- 1/2 cup firm tofu cut into chunks
- 2 eggs
- 1/4 cup rice milk
- 1 cup mixed veggies (peppers, tomatoes, mushrooms, onion)
- salt and pepper to taste
- 1 tsp olive oil

Directions:

In a medium bowl whisk eggs and milk. Combine all ingredients in a small frying pan and cook until egg is firm. Once firm the omelette can be flipped, folded, or scrambled.

You can also try sautéing the veggies prior to combining if preferred

Special Notes:

We use rice milk because it is hypoallergenic. If you do not have a dairy sensitivity then milk can be substituted.