

Omelet Cakes

Serves one person



4 eggs, whisked
1/2 cup leeks, chopped
1/2 cup mushrooms
1/2 cup green onions
1/2 cup tomatoes, sliced
1/2 tsp paprika
1/2 tsp cumin
1/4 tsp grapeseed oil
sea salt & pepper to taste

Cooking Directions:

1. Preheat the oven at 375°F.
2. In a hot non-stick pan with grapeseed oil, add mushrooms, leeks, sea salt and pepper; let cook.
3. Add green onions; let cook.
4. Before the onions change color, add tomatoes, paprika and cumin; remove from heat and let cool down.
5. Once the vegetables have cooled down, in a small bowl, mix together with the whisked eggs.
6. Lastly, pour mixture into a few muffin tins; place in oven until cooked.

Enjoy this delicious meal!