

## Ronn Moss' Salmon Omelette



### INGREDIENTS

3 cloves garlic	1/2 cup mushrooms	5 leaves baby spinach
1/2 cup onion	1/4 cup tomato	3 pats of butter
4 eggs	1/4 cup sliced pepper	
1/4 cup milk	1/4 cup shredded cheese	
2 slices avocado	1/2 cup smoked salmon	

### SUGGESTED COOKWARE

small saute pan, medium saute pan

### DIRECTIONS

Heat the stick of butter in small shallow saute pan. Add garlic, onion and pepper until onion is translucent and soft, then add tomato, and sauti for a remaining 1-2 minutes. Set aside.

1

## Ronn Moss' Salmon Omelette



### DIRECTIONS

Crack eggs into a bowl and whisk in milk. In a medium shallow saute pan, melt remaining butter. With heat on medium-low, Pour egg mixture into pan and allow to cook though slowly.

When eggs are firm, remove from heat, sprinkle Cajun spice and cheeses over the top, spread onion, garlic, tomato, and pepper mixture down the middle, followed by a couple slices of avocado, and smoked salmon. Fold omelet over in thirds.

Garnish with baby spinach and sliced avocado. Serve immediately and enjoy!

2