

INGREDIENTS

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

SUGGESTED COOKWARE

small saute pan, medium saute pan

DIRECTIONS

- 1** 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 saute for a remaining 1-2 minutes. Set aside.
- 2** 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.
- 3** 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.
- 4** Garnish with baby spinach and sliced avocado. Serve immediately and enjoy!