

E2 Omelet – Vegan

Prep Time: 5 minutes
Cook Time: 20 minutes
Total Time: 25 minutes

Yield: 2 omelets
Serving Size: 2
Calories per serving: 226
Fat per serving: 5 grams

'Engine 2 Diet', by Rip Esselstyn. p-156.

Ingredients

- 8 ounces mushrooms, sliced
- 1/2 onion, diced
- 1 red bell pepper, sliced into strips
- 1 cup baby spinach leaves
- 1 (12-ounce) package firm tofu
- 2 tablespoons soy milk
- 2 tablespoons nutritional yeast flakes
- 2 tablespoons egg replacer Ener-G
- 2 teaspoons Bragg Liquid Aminos
- 1 tablespoon vital wheat gluten
- 1/4 teaspoon onion powder
- 1/4 teaspoon turmeric
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Instructions

1. For omelet filling: Sauté the mushrooms and onion in a large, sprayed skillet over high heat for 5-7 minutes or until the mushroom liquid is mostly gone. Remove to a bowl and return the skillet to the heat.
2. Toss the bell peppers strips in the skillet for 3 minutes until they begin to brown slightly. Remove from the heat and set aside.
3. For omelet: Blend together all ingredients until smooth. Spray a large nonstick skillet and pour half of the batter into the center, using a spoon to spread it out thinly over the bottom of the skillet.
4. Turn the heat to medium. Cover and cook for 8 minutes, then place half of the cooked mushrooms, onion, bell pepper strips, and spinach in a line down the center of the omelet.
5. Use a spatula to flip both sides over the veggies, cover and cook an additional 2 minutes.
6. Remove from the heat and gently shake the skillet from side to side a couple of times to loosen the omelet. Carefully slide the omelet onto a plate. Repeat with the second half of the batter.
7. Serve immediately with salsa and a side of fresh fruit.

Notes

Nutrition facts (per serving – 1 omelet): Calories: 226, from fat: 43, total fat: 5g, cholesterol: 0mg, sodium: 420mg, total carbohydrate: 25g, fiber: 3g, sugar: 1g, protein: 24g.