

2-Egg Omelette

7 Ingredients, 2 serves, 5 Minutes Total Time

2 eggs
2 teaspoons olive oil
1 tablespoon cold water
1 bunch spring onion (finely sliced)
1/4 bunch zucchini (finely sliced)
100 grams ham (shaved)
2 teaspoons flat leaf parsley

Instructions

- Lightly beat the eggs with water in a small bowl.
- Heat oil in a non-stick frying pan over high heat.
- Pour in eggs and tilt pan so eggs cover base.
- Cook for 2 minutes or until mixture just begins to set.

- Place ham and zucchini in an even layer on top of egg mixture.
- Continue to cook until omelette has set.
- Sprinkle over parsley and spring onion and lightly season.
- Fold omelette in half and serve immediately.

Variations:

- roasted pumpkin
- leek and thyme
- capsicum and basil
- salmon, chives and spinach
- tomato and bacon

Notes

Zucchini -peeled is moderate salicylate, skin on is high salicylate. Leave the parsley off if you are on a low salicylate diet, or use a small garnish quantity only. Spring onion - use the green part only if you are the SIBO or FODMAP Diets.

Warnings

**SPRING ONION: Use the GREEN part only for SIBO & FODMAP Diets

**ZUCCHINI: (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

Nutritional Information (per serving)

Calories	170
Total Fat	9g
Saturated Fat	3g
Cholesterol	192mg
Sodium	643mg

Total Carbohydrate	6g
Dietary Fibre	2g
Sugars	1g
Protein	15g
Calcium	74mg
Iron	2mg
Magnesium	27mg
Phosphorus	183mg
Potassium	348mg
Vitamin C	13mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg