



## **PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH BOBBY & CLAUDIA DEEN**

### **LINTON'S POWER OMELET**

2 eggs

¼ cup spinach

¼ cup diced tomato

¼ cup shitake mushrooms

¼ cup shredded cheddar cheese

1 tablespoon ghee

Salt and pepper to taste

1. Heat a pan over the stove and melt ghee in the pan.
2. Add spinach, tomato, and mushrooms into heated pan. Add salt and pepper to taste. Cook for a few minutes.
3. In a bowl, whisk together the eggs and pour into the pan. Slowly work a spatula along the edges of the omelet, allowing the liquid egg to fall underneath the cooked egg. Continue to do this until all the egg has been cooked.
4. Sprinkle cheese over the omelet.
5. Using a rubber spatula, slowly go underneath the omelet to release it from the pan. Then carefully slide omelet onto a plate, using the pan to fold it over in half. Sprinkle remaining cheese over top of omelet.
6. Serve and enjoy!

Makes 1 serving.