

Easy Omelet Breakfast Wrap

Instructions

1. Add the olive oil to a medium saucepan and heat on low. Once warm, add the chopped onion, spinach, mushrooms, and minced garlic to the pan. Sauté until cooked through.
2. In a small bowl, whisk two eggs with salt and pepper.
3. Add the eggs to the pan and swirl around to coat the vegetables. Do not stir. Cook the eggs and vegetables until just set. Place the tortilla on top for 10-15 seconds. Flip everything in the pan so that the tortilla is on the bottom, and the eggs and vegetables are on top, ideally in one piece. Cook until the eggs are done and the tortilla on the bottom is crispy.
4. Remove everything from the pan, roll up the tortilla, slice it in half, and serve with salsa. If preparing in advance, let the wrap cool before wrapping it in tin foil and storing it in the freezer. Swap out any vegetables as desired to customize the wrap to your preferences.

Ingredients

- 1 tablespoon of olive oil
- 2 eggs
- 1/2 onion, chopped
- 3/4 cup of spinach, chopped
- 1/2 cup of mushrooms, chopped
- 1 clove of garlic, minced
- 1 whole wheat tortilla wrap
- Salt
- Pepper
- Salsa

Grocery List – Add optional ingredients as desired

Produce

- Onion
- Spinach
- Mushrooms
- Garlic
- Salsa

Pantry

- Olive oil
- Eggs
- Tortilla wraps
- Salt
- Pepper