

## Mexican Egg White Omelet (Copy)

This Mexican Egg White Omelet is simple to make, naturally gluten-free, and made with the most delicious fresh ingredients.

🕒 Preparation 5 minutes 🕒 Total 15 minutes 1 portion

### Ingredients

or	or
1 tsp of oil, olive, salad or cooking (5 g)	4 cherry of tomatoes, red, ripe, raw, year round average (68 g)
or	or
1/2 unit of peppers, jalapeno, raw (7 g)	3 large units of egg, white, raw, fresh (99 g)
or	or
1/4 cup, chopped of onions, raw (40 g)	1/4 avocado, NS as to Florida or California of avocados, raw, all commercial varieties (50 g)
or	or
1/2 clove of garlic, raw (2 g)	1/8 cup of coriander (cilantro) leaves, raw (2 g)

### Cooking method

1

Heat oil in a medium saute pan over medium-high heat. Add jalapeno and onion and saute for 3 minutes, stirring occasionally. Add the garlic and tomato and continue sauteing for 3 minutes, stirring occasionally. Season to taste with a pinch of salt and pepper. Then transfer the mixture to a separate plate.

2

Return pan to the stove, and reduce heat to medium\*. Add the whisked egg whites and cook for 2-3 minutes until the eggs are set and the bottom of the egg is golden. Remove from heat. Add the onion mixture, diced avocado, cilantro and cotija cheese to the egg white, and fold over to form the omelet. Serve warm, garnished with extra cilantro.