

Tomato, pepper & mushroom omelette with juice

(Serves 2)

Ingredients

- 6 sprays Rapeseed oil spray
- 100g Mushrooms, sliced (any)
- 1 Pepper, green, deseeded & diced
- 2 Tomatoes, medium, halved
- 1/4 tsp Salt, reduced sodium
- 6 Eggs, medium, whisked
- 1/8 tsp Black pepper
- 300mls Tropicana Pink Grapefruit juice

Preparation

1. Spray the rapeseed oil into a warmed medium non-stick frying pan.
2. Add mushrooms & green pepper. Stir & cook over a medium heat for a few minutes.
3. Whilst cooking, put tomatoes under grill.
4. Mix salt into whisked eggs & pour over mushroom & peppers.
5. Cook gently over a low-medium heat until omelette cooked to taste.
6. Sprinkle with black pepper.
7. Serve immediately with the grilled tomatoes & juice.

TOP TIP: For a change, use a diced onion with the pepper instead of mushrooms.

NUTRITIONAL VALUES PER SERVING

Calories 315

Total Sugars 16.57g

Total Fats 15.43g

Saturated Fats 4.55g

Salt 0.61g

Fruit & Veg 3.6