

Vegan Omelette

Filling & Topping:

- 2 Tablespoon Grapeseed Oil or Oil of Choice
- 1 Vegan “Smoked Apple Sage” Field Roast Sausage, Medium Sliced and cut into halves (reserve some for topping)
- Daiya Cheddar Style Shreds (Cutting Board Collection)
- 5-7 White or Brown Crimini Mushrooms, sliced into shreds
- 1 Tomato Diced - (save a little for topping)
- 1 Can sliced olives or 5 Olives sliced
- Handful of spinach
- 1 Green onion, sliced
- Cilantro, Roughly Chopped
- Salt
- Pepper
- Onion powder
- Salsa

INSTRUCTIONS:

1. Heat 1 Tablespoon oil in pan and brown sausage on both sides on medium heat for about 2-3 mins. Remove from pan and set aside.
2. In the same pan on medium-high heat add the remaining one tablespoon oil, and brown mushrooms for about 3-4 mins! Add tomatoes and olives and sauté for about 1-2 mins! Add in spinach and season to taste with salt, pepper, and onion powder. Cook until spinach has wilted. Taste and adjust seasonings accordingly!
3. Remove pan from heat set aside

The Omelette

INGREDIENTS:

- 4 Tablespoons leveled and unpacked of the “Follow your Heart” Vegan Egg (Yields 2 vegan eggs)
- 1 cup of refrigerated water or ice-cold water (THE WATER MUST BE ICE COLD)
- 1 Tablespoon of Vegan Butter or 1 teaspoon of vegan butter and no-stick cooking spray (I use both)
- Pinch of salt
- Pepper

INSTRUCTIONS:

1. Preheat a small skillet that’s (Omelette perfect size) over medium-low heat
2. In a small-medium bowl add vegan egg powder and ice-cold water together. Whisk well for about 2 mins. It should be free of lumps, fluffy, and have an egg-like consistency.

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3. Oil pan with vegan butter and cooking spray. (IMPORTANT- make sure pan is hot/preheated before putting Vegan egg mixture in).
4. Add vegan egg to roasting pan, cook for 2 mins on medium heat, turn down the heat to medium-low and cook for an additional 2-3 mins. At this time it should be dry to the touch. If not cook a few mins longer until it's dry to the touch. Add a pinch of salt and pepper to egg.
5. Add vegan cheese to one side of the omelet (DO NOT ADD TOO MUCH CHEESE, IT WILL RUIN THE TASTE), turn down the heat to low, cover with the lid. Cook for about 2-3 minutes or until cheese begins to melt.
6. Remove lid and add vegetable filling mixture and sausage on top of the cheese, recover with lid and cook for an additional 1-2 minutes.
7. At this time you want to Spatula around the Omelette to make sure it's not sticking to the pan! Fold over top portion of Egg with Spatula to create Omelette.
8. Top with a little more of the vegan cheese, and recover with lid, one last time for about 2 minutes until cheese starts to melt. Check underneath Omelette for browning and remove from pan onto the plate.
9. Top with fresh tomatoes, sliced olives, reserved sausage crumbles, green onion, and cilantro. Top with salsa if you like!

Enjoy by itself, or accompany with toast, fresh fruit and or avocado.

Tip: Watch Video for step by step visual cooking demonstration.