



Keto Quick Mediterranean Omelet

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

443.6 calories, 8.68 g carbohydrate, 2.57 g fiber, 6.11 g NET carbs, 20.64 g protein, 37.6 g fat

Ingredients

- 1/4 can(s) Native Forest Quartered Artichoke Hearts (14 oz)
- 1/2 tsp(s) Real Salt
- 5 large(s) kalamata olives, pitted and sliced
- 1/2 tsp(s) fresh ground black pepper
- 1 Tbsp extra virgin olive oil
- 3 large(s) pastured eggs
- 2 Tbsp(s) coconut milk, full fat
- 1/4 cup(s) cherry organic cherry tomatoes, halved
- 1 tsp chopped fresh oregano

Preparation

1. Heat the butter in a small skillet over medium low heat.
2. Whisk eggs with coconut milk. Pour in the skillet and cook for a minute until the edges are set.
3. Lift the edges carefully and let the liquid flow underneath the edges.
4. Add the artichoke hearts, olives, and tomatoes in an even layer.
5. Continue cooking until eggs are done. Fold in half.
6. Sprinkle with oregano. Serve.

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