



FIXATE RECIPES

SMOKED SALMON OMELET

Serves: 1

GF

Total Time: 12 min.

Prep Time: 7 min.

Cooking Time: 5 min.

3 Tbsp. chopped smoked salmon
1 Tbsp. reduced-fat sour cream
1 Tbsp. chopped fresh chives
½ tsp. ghee (organic grass-fed, if possible)
3 large eggs, lightly beaten


1. Add salmon, sour cream, and chives to a small bowl; mix to combine. Set aside.
2. Melt ghee in a small nonstick skillet over medium heat.
3. Add eggs; cook, stirring occasionally with a rubber spatula, for 2 to 3 minutes. Tilt pan as needed to allow runny egg to fill gaps created by spatula.
4. When almost all runny egg has been cooked, add salmon mixture in a line down center of omelet. Cover immediately; remove from heat.
5. Let rest for 2 minutes, or until top is set.
6. Tilting pan, use spatula to loosen one side of omelet; gently fold it toward the center to cover salmon mixture. Fold again to form a tri-fold that encloses the filling.
7. Slide the omelet out of pan onto a plate. Enjoy!

Nutritional Information (per serving):

Calories:	280	Cholesterol:	663 mg	Fiber:	0 g
Total Fat:	18 g	Sodium:	381 mg	Sugars:	1 g
Saturated Fat:	7 g	Carbohydrates:	5 g	Protein:	24 g

Container Equivalents (per serving)

THE ULTIMATE
PORTION
FIX  1½  1½

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.