

# OMELET WITH COTTAGE CHEESE & BASIL



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
200 kcal  
14g Fats  
3g Carbs  
15g Protein



## WHAT YOU NEED

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- $\frac{7}{8}$  cup (200g) cottage cheese
- 12 cherry tomatoes

## WHAT YOU NEED TO DO

*Beat the eggs with the water and season with salt and pepper.*

*Heat  $\frac{1}{4}$  oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.*

*Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.*

*Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.*

