



Omelette Veggie Wrap

Ingredients:

1 packet IP Egg Omelette

1-2 oz water

2 oz egg whites

1 cup of diced veggies of choice

Directions:

In a small bowl whisk together 1 package IP egg omelette with 2 fluid ounces of egg whites and 1 to 2 ounces of water. Whisk well. You may add additional herbs of your choice to the egg and water. Cook in small batches over a skillet swirling as if you are making crepes. This recipe will yield 4 -5inch thin crepes.

To prepare, fine dice 1 cup (your choice) of select vegetables. Seasoned with a little Italian seasoning and sauté until nice and soft. Remove from heat.

Spoon veggie filling into each crêpe and roll. Enjoy over additional select vegetables or spinach.

Recipe created by Dea Marie of Dea's Recipes.