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## **Tomato Basil Omelet**

### **Ingredients**

3 local, organic eggs  
10 Cherry tomatoes  
Fresh basil  
Sea salt  
Black pepper  
Kelp  
Cooked in palm oil

\*Sometimes I add onions and organic, antibiotic- and hormone-free pork sausage

### **Directions:**

1. Coat skillet in palm oil.
2. In a mixing bowl, whisk 3 whole eggs with salt, pepper, basil, and kelp.
3. Slice 10 cherry tomatoes.
4. Add everything to a skillet. 5. Cook on medium heat to desired doneness.

\*If you add the sausage, brown it in a separate pan before adding it to the omelet.