

Spring Onion Omelette



Ingredients

	Cooking Oil
4	Egg Whites (Left over from cakes)
	Salt & Pepper to taste
3 Sprigs	Spring Onions

Preparation

Beat the Egg Whites well adding Salt and Pepper to taste. These Egg Whites are usually left over from the preparation of a cake. Wash and cut up the Spring Onions into approximately 1" long pieces and beat into the Egg mixture.

Heat the Oil in a pan and when hot, pour the mixture in and allow to cook. When cooked, fold in two and remove from heat into a flat plate.

Enjoy.