

Spicy Mexican Omelet

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/fantastic-spicy-mexican-omelet-recipe>

Ingredients:

- 1 red pepper \$.75
- 1 yellow pepper \$.75
- 1 jalapeno \$.05
- 1 sprig cilantro \$.05
- 8 eggs or 2-3 per omelet, depending on how big the omelet you want to make, \$.80
- 1/4 cup milk \$.05
- salt
- pepper
- canola oil for the skillet, about 1 Tbsp for each omelet, \$.10
- 2 cups shredded Monterey Jack cheese \$.67-\$1.25
- fruit Fresh, side, \$.75-\$1

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 475 milligrams
4. Fat: 32 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 14 grams
8. Sodium: 650 milligrams
9. Sugar: 7 grams

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