

Easy Air Fryer Omelette



In less than 5 minutes of preparation, you can enjoy a delicious, light, and nutritious breakfast. You can even freeze individual portions for quick meals on busy days! Pair it with whole-grain toast or a fruit for a complete meal that will keep you satisfied for a long time.

Preparation 5 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 135

Fat 6,5

Carbohydrates 1

Fibre 1

Protein 18

Sodium 255

Ingredients

- 6 eggs
- 165 ml (? cup) egg whites
- 2.5 ml (½ teaspoon) garlic powder
- 125 ml (½ cup) < 20% M.F. cheddar cheese, grated
- 6 asparagus spears, cut into approximately 2 cm (1 inch) pieces

- Salt and pepper, to taste

Preparation

1. Line the basket of the air fryer with a large piece of parchment paper, ensuring the sides are also covered.
2. Pour in the eggs, egg whites, and garlic powder, and lightly mix with a fork.
3. Evenly distribute the cheese, asparagus, and tomatoes over the egg mixture. Season with salt and pepper.
4. Cook for 15 minutes at 350°F (180°C).

Notes

Keeps for 5 days in the refrigerator in an airtight container. Can be frozen for up to 3 months.

Note: I used Le Six Pourcent cheese from the Fromagerie Bergeron.



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