

Spanish Omlet

Ingredients:

- ◆ 1 - 4 oz Can mushrooms
- ◆ 1 - 3 oz Can potted meat or Vienna sausages
- ◆ 1 - 13.5 oz Can spinach
- ◆ 1 - 14.5 oz Can diced tomatoes
- ◆ 1 or 2 Eggs



Directions:

- ◆ Put about 1/2 cup meat or chopped Vienna sausage in a microwave-safe container.
- ◆ Add 2-3 Tablespoons each chopped mushrooms, spinach & tomatoes. Crack egg(s) into the container and mix well.
- ◆ Microwave 1 minute and stir. Repeat microwaving & stirring, until egg is totally cooked.
- ◆ Season with some salt & pepper.
- ◆ Enjoy!!

