

**Ingredients:**

3 eggs  
3 tbsp chopped red bell pepper  
3 tbsp chopped red onion  
3 tbsp ricotta cheese  
3 tbsp shredded asiago cheese  
3 pieces cooked bacon  
5 mushrooms  
8-10 avocado slices  
chopped parsley  
salt & pepper  
olive oil  
butter  
water or cream

**Directions:**

1. In a 8 inch pan, heat olive oil over medium heat. Saute red bell pepper and red onion with a crack of pepper and a dash of salt, 3-5 minutes.
2. Add sliced mushrooms and saute another 2-3 minutes. Remove from pan and set aside.
3. Beat eggs. Season with salt and pepper and thin with 1-2 tbsp of water or cream. Melt butter in pan over medium heat. Pour eggs into pan. Turn heat down to medium-low.
4. Poke eggs and perforate with spatula to facilitate cooking.
5. Tilt pan and lift egg at edges. Allow uncooked egg to flow under cooked egg.
6. Sprinkle a bit of asiago cheese onto entire surface of the eggs.
7. Sprinkle a bit of parsley onto entire surface of the eggs.
8. Spoon sauteed pepper, onion and mushroom mixture onto half of the eggs.
9. Top with ricotta cheese and bacon pieces.
10. Top with avocado and another sprinkling of asiago cheese.
11. Carefully fold over and transfer to a plate. Serve immediately. Makes one omelette.