



# Holmes Smokehouse Chicken Sausage Omelet

## INGREDIENTS

3 eggs  
¼ cup Holmes Smokehouse Chicken sausage SLICES diced  
¼ cup fresh spinach  
¼ cup gouda cheese diced  
¼ cup chopped red pepper/onion (optional)

1. Place Holmes Smokehouse Chicken sausage in non-stick pan on medium heat to brown.
2. Remove from pan and set aside.
3. Place pan back on heat.
4. Add pepper/onion and sauté for 2 minutes.
5. Remove from pan and place with sausage.
6. Beat eggs in small bowl and gently pour into the non-stick pan. Salt and pepper.
7. Spread Holmes Smokehouse Chicken Sausage, spinach, pepper/onion, and cheese over eggs and let cook for 2 minutes.
8. Fold in half and cook for 1-2 more minutes.
9. Remove and serve.