



PUFF THE MAGIC DRAGON BLACK BEAN AND SALSA OMLET

- 6 Eggs
- 1 ½ Tbsp. **TSG Tearless Onion & Chive Mix™**
TSG Black Bean and Corn Salsa™
- 2 Tbsp. cream or milk
- 1 Tbsp. flour
- Dash of salt
- 2 Tbsp. cheddar cheese

1. Preheat oven to 400 F
2. Grease an oven safe pie plate or baking dish.
3. In a bowl mix eggs, Tearless Onion & Chive, cream, flour, salt and beat well.
4. Pour into baking dish, sprinkle top with cheddar cheese and place in oven for 15 minutes or until puffed and golden.
5. Top with Salsa, slice and serve