MEDITERRANEAN OMELET

INGREDIENTS:

¼ TEASPOON	OLIVE OIL
1 EACH	LARGE EGG
2 EACH	LARGE EGG WHITES
¼ CUP	BABY SPINACH, CHOPPED
2 TABLESPOONS	SUN DRIED TOMATOES, DICED
1 TABLESPOON	FETA CHEESE, CRUMBLED

METHOD:

- In a small bowl, beat the egg and two egg whites.
- Preheat a non-stick pan over medium-low heat. Add olove oil and swirl to coat the pan.
- Add egg mix to the pan and swirl to evenly coat the pan. Cook for about 1 minute until the bottom is cooked and flip over.
- Over half of the eggs, place the spinach, sun dried tomatoes and feta cheese. When the omelet is fully cooked, fold the half with nothing on it over the spinach half.
- Serve warm.

Servings: 1
Serving Size: 1 omelet
Calories: 150
Fat: 7 gm **Sodium:** 260 mg **Carbohydrates:** 6 gm **Protein:** 16 gm **Fiber:** 0 gm