

Zesty Spinach Omelet

Ingredients:

1/2 cup spinach leaves, fresh
 2 ounces low-fat cheddar cheese
 2 large eggs
 2 tablespoons water
 Dash cumin
 Dash salt
 Dash pepper
 Non stick cooking spray
 1/4 cup salsa

Equipment:

Non-stick skillet
 Mixing bowl
 Whisk
 Spatula

Number of Servings: 2
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Wash and rinse spinach leaves. Remove stems and set aside.
2. Use a grater to shred cheese into small pieces. Set aside.
3. Crack egg into a small bowl and check for freshness. If it is OK, add to bowl. Repeat for other egg. Use a fork to beat eggs together.
4. Mix in water, cumin, salt and pepper.
5. Spray a non stick skillet with non stick cooking spray and heat to medium high. Pour egg mixture into skillet.
6. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook. Cook until almost set.
7. Spread spinach and shredded cheese over 1/2 of omelet.
8. Using spatula, fold other side of omelet over filling.
9. Top with salsa and serve.

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Nutrition Facts

Serving Size: 1 omelet	
Servings: 2	
Amount Per Serving	
Calories 164	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	14%
Cholesterol 218mg	73%
Sodium 390mg	16%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Protein 14g	28%
Vitamin A 20%	Vitamin C 11%
Iron 9%	Calcium 16%
*Percent Daily Values are based on a 2,000 calorie diet.	

TIP: Serve with a glass of orange juice to get even more folate!

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