

ZESTY SPINACH OMELET



Makes 1 serving

Serving Size: 1 omelet

Tip: Serve with a glass of orange juice to get even more folate.

Ingredients

- 2 eggs, beaten
- 2 tablespoon water
- 1/2 cup cooked spinach
- 1/4 cup cheese, shredded
- dash cumin
- dash pepper
- 1/4 cup salsa
- non-stick cooking spray


Directions

1. In medium bowl beat eggs, water, cumin, and pepper together using fork.
2. Spray skillet with non-stick cooking spray.
3. Heat a large skillet (10") to medium high heat.
4. Pour egg mixture into pan.
5. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook.
6. Cook until almost set.
7. Spoon spinach and shredded cheese over 1/2 of the omelet.
8. Using spatula, fold other side of omelet over filling.
9. Top with salsa and serve.

Nutrition information Per Serving

210 calories		Total Carbohydrate	7 g
Total Fat	8 g	Dietary Fiber	1 g
Saturated Fat	2.5 g	Sodium	520 mg
Protein	22 g		

 Excellent Source of Vitamin A

 Excellent Source of Calcium

 Good Source of Iron



Eat Smart



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