

Spinach Omelet

2 servings

- 3 whole eggs**
- 2 tsp. olive oil**
- ½ small onion or 2 cloves garlic (or both)**
- 1 to 1½ c. raw spinach or ½ c. frozen, thawed spinach**
- Small amount skim milk, optional**
- Fresh cracked black pepper**
- 1 Tbsp. cheese, such as shredded Parmesan**
- ¼ tsp. salt, optional**



Whisk eggs with milk in bowl. Set aside. Chop onion/garlic and heat in olive oil in skillet. Sauté until onion is translucent. Add spinach and cook until just heated and spinach starts to wilt.

Remove all vegetables onto serving plate. Place egg mixture in (same) hot skillet. Heat and loosen edges. Add (optional) cheese, salt and pepper. Spoon vegetable mixture into half of pan; carefully fold egg over; cover with tight-fitting lid (if the lid is a bit wet, this helps steam the omelet, making it puffy if desired). Be careful to remove from heat at this point so bottom doesn't get too brown. Let rest about five minutes, covered. Serve immediately.

Per serving: 180 calories, 5 grams (g) carbohydrate, 13 g fat, 11 g protein

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SERVICE

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