



Quick Garden Omelette

Ingredients:

- 1 tsp vegetable oil or similar
- 1 small potato (~1/2 cup) or yam sliced into thin wedges, then coarsely chopped
- 1/4 cup sliced cremini (or any type) mushrooms
- 4 large eggs (2 yolk and 4 whites), separate 2 of the 4 yolks and discard
- 2 cup bagged baby spinach leaves, coarsely chopped
- 2 tbsp crumbled goat cheese (feta or cheddar work great too)
- Salt and pepper to taste

Making it:

1. Pan: Heat pan or skillet over medium-high heat. Add oil, heat then add potatoes. Sauté 10 min. stirring occasionally.
2. Stir in mushrooms and sauté 8 min. or until potatoes are tender, stirring occasionally. Remove from pan and set aside.
3. Pan: Wipe pan clean with paper towels. Spray with cooking oil if needed and heat to medium high heat.
4. Bowl: Combine eggs, a couple of shakes of salt and pepper in a bowl and whisk until eggs are frothy. Pour mixture into pan, and stir briskly with a heatproof spatula or wooden spoon until egg starts to thicken (~ 20 sec.).
5. Arrange half of potato mixture, 1 cup spinach, and 2 tbsp cheese over omelet.
6. Run spatula around edges and under omelet to loosen it from pan. Fold omelet in half and continue heating until all egg is cooked. Slide omelet onto a plate. Cut in half crosswise and enjoy.

Tips and Hints:

- While cooking omelet carefully loosen set edges of omelet with spatula, tipping the pan to pour uncooked egg to the sides. Continue this procedure for about 10 to 15 seconds or until almost no runny egg remains.
- To boost up an already very high protein breakfast you can add more egg whites.
- To increase carbohydrate you can add any or the following; whole wheat or spelt bread or bagel, fruit such as banana orange, 100% fruit juice.
- Has 27 mg of iron.

NUTRITION FACTS

Servings: 1
 Serving Size: 1 omelet

Total Calories	344
Carbohydrate	31 g
Total Fat	14 g
Protein	29 g
Fiber	4 g

Prep Time: 20
 Cook Time: 20