

# ZESTY SPINACH OMELET



Makes 1 serving  
Serving Size: 1 omelet

## Ingredients

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

## Directions

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

## Nutrition information Per Serving

230 calories		Total Carbohydrate	7 g
Total Fat	12 g	Dietary Fiber	2 g
Saturated Fat	4.5 g	Sodium	590 mg
Protein	21 g		

-  Excellent Source of Vitamin A
-  Excellent Source of Vitamin C
-  Excellent Source of Calcium
-  Good Source of Iron



Eat Smart

