

garden omelet



Image: http://ot-foodspotting-production.s3.amazonaws.com/reviews/1084583/thumb_600.jpg?1322505224

ingredients

- 2 teaspoons of oil
- 1/4 small onion, diced
- 1/4 small bell pepper, diced
- 1 handful of fresh spinach
- Pinch of salt and a dash of pepper
- 2 eggs, beaten
- 1/4 cup of diced tomatoes
- Optional:
 - 1 tablespoon of milk
 - 1/4 cup of cheese, shredded

instructions

1. Heat 1 teaspoon of oil in a pan over medium heat. Sauté onions and peppers until tender. Mix in spinach until shrunken and season with salt and pepper. Set aside.
2. Beat eggs in a bowl, and add a splash of milk (optional).
3. Heat 1 teaspoon of oil in the pan over low-medium heat. Add the eggs and evenly coat the bottom of the pan. Sprinkle cheese (optional), and add the filling to one side of the eggs then top with tomatoes.
4. Once the eggs are holding together, fold the omelet over and cook until just cooked through.
5. Serve on a plate.

Nutrition Facts

1 servings per container	
Serving size	1 Omelet
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 18g	24%
Saturated Fat 4.36g	22%
Trans Fat 0g	
Polyunsaturated Fat 2.05g	
Monounsaturated Fat 10.68g	
Cholesterol 430mg	143%
Sodium 160mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	9%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 14g	27%
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 2.731mg	15%
Potassium 411mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

healthy tip!

Eggs are a good source of protein!