

Egg White Omelet



Prep Time: 5 Min.

	Recipe serves	Prepared for
Yield	1	1

Ingredient	Amount	Unit of Measure
Farm fresh eggs	2	Each
Spinach	1/2	Cup
Vine ripened tomatoes	1/2	Each
Mushrooms	1/3	Cup
Salt & Pepper		Desired
Smoked gouda cheese	2	Oz.
Olive oil	1	Tsp.

Instructions

1. Prep veggies ahead of time. Chop the tomatoes using a small dice. Chop the mushrooms using a small dice.
2. In a small mixing bowl, crack 2 fresh eggs and remove the yolks. Add salt & pepper.
3. In a small sauté pan, add a small drizzle of olive oil.
4. Sauté the tomatoes, mushrooms and spinach.
5. Whisk the egg whites and add to the veggies.
6. Cook for 1 minute on LOW heat. Turn and add the smoked gouda cheese.
7. Serve on a bed of fresh spinach.

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Shopping List

Ingredients	Have It	Quantity
Farm fresh eggs	<input type="checkbox"/>	
Spinach	<input type="checkbox"/>	
Vine ripened tomatoes	<input type="checkbox"/>	
Mushrooms	<input type="checkbox"/>	
Salt	<input type="checkbox"/>	
Pepper	<input type="checkbox"/>	
Smoked gouda cheese	<input type="checkbox"/>	
Olive oil	<input type="checkbox"/>	