

# Skinny Greek Omelet

Adapted from: <http://www.skinnymom.com/skinny-greek-omelet/>

Prep time: 5 minutes    Cook time: 6-8 minutes    Yield: 1 serving    Serving size: 1 omelet

## What I love about this recipe:

Full of flavor!! Can be made the night before and reheated for a super-quick breakfast.

## What I changed:

- Swapped 2 eggs & 1 egg white for 2 whole eggs (2 eggs is plenty of protein for 1 person)
- Swapped reduced-fat feta for whole fat (My philosophy: eat food in its original state; whole food rocks!)

## What I might add:

- A couple of diced kalamata olives (love them & they're a good source of healthy fat, but they're salty so add them and then see if you still need salt)
- ½ an avocado (for good fat and creaminess, esp. if you can't have the feta due to dairy allergy)
- Garlic (because it's antifungal, antibacterial, anti-everything, so totally amazing – eat it daily if you can!! You will not smell!!! And you'll be surprised how infrequently you'll get a cold if you eat it regularly!)

## Ingredients

2 eggs, beaten  
½ teaspoon extra virgin olive oil  
3 tablespoon red onion, diced  
½ Roma tomato, diced  
1 cup baby spinach  
1 tablespoon Feta cheese crumbles; optional (skip if dairy allergy)  
1 tablespoon fresh basil, chopped  
Salt & pepper to taste

## Instructions

1. Heat small skillet (6-inch) over medium-low heat. Add the oil, onion, tomato, and spinach and cook for about 2 minutes, until onions soften and the spinach has wilted. Remove the cooked vegetables from the skillet and reserve on a plate.
2. Spray the skillet with nonstick cooking spray and pour the beaten eggs, seasoned with salt and black pepper. Allow the egg to set for about 30 seconds.
3. Using a rubber spatula, loosen the edges of the egg on all sides, then tilt the skillet upwards slightly. Pull the eggs upwards towards the center of the skillet, allowing the uncooked egg to run down to the exposed skillet walls.
4. Repeat this action until nearly all of the uncooked egg, becomes cooked. The egg will take about 2-3 minutes to cook before filling it.
5. While the egg is still slightly uncooked, add the reserved cooked vegetables, Feta cheese, and basil to one side and fold the other side over to cover the filling. Cook for an additional 1 minute to melt the cheese and finish cooking the inside.
6. Slide the omelet out onto a plate and serve immediately.