

Spinach and Herb Omelet

Get a great start in the morning with this low-fat, low-carb, protein-filled breakfast.

Ingredients

- 1 cup spinach leaves (or other greens), torn
- 1 egg
- 1 egg white
- 1 tsp. fresh grated ginger root
- 1 tsp. Mrs. Dash or other seasoning mix
- 1 Tbsp. salsa
- Nonstick cooking spray



Preparation

1. Tear up the spinach leaves and steam or sauté in a little water until they wilt.
2. Fold into the beaten eggs with the grated ginger, salsa and seasoning.
3. Cook in a nonstick pan sprayed with cooking spray, turning as needed until the eggs are set.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 105

Fat 5g

Sodium 204mg

Carbohydrate 4g

Dietary Fiber 1g

Protein 11g

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