

Heart Healthy Omelet



Ingredients:

- 1 tbsp + 1 tsp canola oil
- 1 cup grape tomatoes (chopped)
- 1 cup baby spinach
- 2 eggs or egg whites
- ¼ cup fat-free milk
- 2oz fat-free feta cheese

Directions:

1. In a medium nonstick skillet, heat 2 tsp oil over medium heat, swirling to coat the bottom.
2. Cook the tomatoes and spinach for 2 to 3 minutes, or until the tomatoes are slightly softened, stirring constantly.
3. Transfer to a plate and cover with aluminum foil to keep warm. Set aside.
4. In a small bowl, beat half the eggs or egg whites and half the milk together with a fork.
5. Wipe the same skillet with paper towels. Add 1 tsp oil, swirling to coat the bottom. Place over medium heat.
6. Pour in the egg mixture, swirling to cover the bottom.
7. Cook for 2 minutes without stirring.
8. Using a rubber scraper, gently spread the uncooked part of the moist omelet to the edge.
9. Cook for 1 to 2 minutes, or until no longer moist.
10. With the skillet still on the burner, spoon half the tomato mixture over half the omelet. Top the tomato mixture, with feta. Remove from the heat.
11. Fold the other half of the omelet over the filling. Cut the omelet in half crosswise.
12. Transfer to plates. Cover with aluminum foil to keep warm.
13. Using the remaining ingredients, make and fill a second omelet.