

## Zesty Spinach Omelet

### Ingredients:

1/2 cup spinach leaves, fresh  
 2 ounces low-fat cheddar cheese  
 2 large eggs  
 2 tablespoons water  
 Dash cumin  
 Dash salt  
 Dash pepper  
 Non stick cooking spray  
 1/4 cup salsa

### Equipment:

Non-stick skillet  
 Mixing bowl  
 Whisk  
 Spatula

Number of Servings: 2  
 Prep Time: 10 minutes  
 Total Time: 10 minutes

### Directions

1. Wash and rinse spinach leaves. Remove stems and set aside.
2. Use a grater to shred cheese into small pieces. Set aside.
3. Crack egg into a small bowl and check for freshness. If it is OK, add to bowl. Repeat for other egg. Use a fork to beat eggs together.
4. Mix in water, cumin, salt and pepper.
5. Spray a non stick skillet with non stick cooking spray and heat to medium high. Pour egg mixture into skillet.
6. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook. Cook until almost set.
7. Spread spinach and shredded cheese over 1/2 of omelet.
8. Using spatula, fold other side of omelet over filling.
9. Top with salsa and serve.

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### Nutrition Facts

Serving Size: 1 omelet	
Servings: 2	
Amount Per Serving	
<b>Calories 164</b>	Calories from Fat 63
%Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 3g	<b>14%</b>
<b>Cholesterol 218mg</b>	<b>73%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 1g	<b>3%</b>
<b>Protein 14g</b>	<b>28%</b>
Vitamin A 20%	Vitamin C 11%
Iron 9%	Calcium 16%
*Percent Daily Values are based on a 2,000 calorie diet.	

**TIP: Serve with a glass of orange juice to get even more folate!**

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