

Spinach and Mushroom Omelet



Course: Breakfast

Categories: Egg, Vegetable

Source: www.livingupwell.com

Serving size: 2 servings

Preparation time: 5 mins

Cooking time: 15 mins

Ingredients

6 eggs

1/4 cup milk

1 cup mushrooms

1/4 cup green onions

2 tablespoons feta cheese

2 cups fresh spinach

1 teaspoon avocado oil

1/2 teaspoon thyme

Sea salt and black pepper

Directions

1. Heat medium skillet to medium high heat, add mushrooms and green onions and cook until starting to brown, about 5 minutes.
2. While veggies are cooking, in a small bowl, add eggs, break the yolk with your fork or whisk, then whisk until a yellow smooth consistency. Add sea salt and black pepper.
3. Turn down to medium heat, add spinach, feta cheese and season with salt and black pepper. Continually stir until spinach is wilted.
4. Add scrambled egg and cook until underside starts to brown. If browning too fast, turn to medium-low heat and swirl pan around to get any excess liquid egg to the side of the pan where it can cook.
5. Using your spatula, gently fold over 1/2 omelet onto itself. Continue to cook until done to your preference.

Notes

Equipment:

Medium cast iron skillet/non-stick pan

Fish spatula/spatula

Whisk/fork

Small bowl

Chef's knife

Cutting board

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