

## *Greek Omelet*

This is a great recipe for breakfast or it can be served with mixed green salad for lunch.

**2 servings**

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Type of Dish:** Breakfast, Main Course

### **Ingredients:**

- 1/4 teaspoon salt and pepper
- dash Cheyenne pepper
- 3/4 cup Feta Cheese
- 1 cup diced onion
- 2 cups fresh spinach
- 5 eggs
- 1 teaspoon butter or extra virgin olive oil

### **Instructions:**

Break the eggs and beat them with a fork or hand blender, add the salt and the spices. Heat the butter in a non – stick or cast iron skillet over medium heat until bubbling. Add onion, then spinach. When spinach shrinks and reduces, add spiced eggs and top with the Feta and cover with a lid, lower the heat and cook for 10minutes, or until the sides are set. The whole omelet should slide around when you shake the pan.



Recipe provided by a Florida Surgical Physicians patient

### **For Our Program:      Nutrition information per serving:**

**Protein:** 25 grams    **Carbohydrates:** 12 grams    **Potassium:** 485 milligrams.

**Note:** the carbohydrates in this recipe are from non-starchy vegetables