

Spinach and Mushroom Omelette

Serves 1 / 20mins Cooking Time

3.3 Carbs / 21.4 Fat / 22.4 Protein / 291.9 Cal

Ingredients

- 1 teaspoon olive oil
- 3 eggs, beaten
- 1/4 cup sliced mushrooms
- 1 cup baby spinach
- Salt and pepper

Directions

Heat a nonstick skillet over medium heat. Add the olive oil and the eggs. When the eggs are set around the edges, add the spinach and mushrooms. Season with salt and pepper. When the eggs are cooked through, fold over and serve.