

Egg White Omelet with Spinach and Mushrooms

Makes one

Note: If you want to use the whole egg, just scramble the two eggs together before you add them to the pan.



Small handful of baby spinach

1 large mushroom, sliced

Sliver of butter

2 egg whites

Salt and pepper

2 tablespoons cheddar cheese, shredded

In a small skillet, melt the sliver of butter over medium heat. Add the mushroom slices and cook until softened, about 5 minutes. Add the spinach and cook until just wilted. Spoon the mushrooms and spinach to a bowl and set aside.

Spray a spatula with cooking spray.

Spray the same skillet with cooking spray and add the egg whites. Cook for a couple of minutes until the bottom is set. Season with salt and pepper. Slide the spatula under the eggs and carefully flip them. Place the cheese, mushrooms, and spinach on half of the eggs and flip the other side on top of the toppings. When the cheese is melted, remove the omelet to a plate and serve.

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