



Omelet D

INGREDIENTS:

1 large whole egg
2 large egg whites
2 tbsp light cream cheese
½ cup raw spinach

DIRECTIONS:

Scramble the eggs in a pan with olive oil or nonfat cooking spray; flip eggs.

Mix together cream cheese and spinach in a bowl; spread cream cheese mixture onto cooked side of egg.

Wait 30 seconds to ensure the other side of the egg is cooked, fold in half, wait 1 minute to melt cream cheese mixture.