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Open-Face Florentine Omelet Sandwich

Ingredients:

2 eggs, beaten
1/2 tsp olive oil
1/2 cup frozen spinach, thawed and well-drained (or 1 cup fresh)
1/4 cup cottage cheese
1/2 tsp salt
1/2 tsp pepper
2 slices toasted whole wheat bread

Directions:

1. Heat oil in a large heavy skillet over medium-high heat. Add the spinach to the skillet and cook, stirring often, for two minutes.
2. Add eggs to the pan and cook, stirring frequently for about one minute or until just starting to set. Add the cottage cheese, salt and pepper and cook for another 1-2 minutes until eggs are done.
3. To serve, place toast on a plate and divide egg mixture between the two slices. Makes one serving.