



## **Creamy Salmon Omelet**

Estimated Prep Time: 5 min

Estimated Cook Time: 10 min

Makes 1 serving.

You can find packaged smoked salmon in the deli or fish department.

### **Ingredients:**

1 tbsp Olive Oil

1/4 small Red Onion, chopped fine

1 small handful fresh Spinach Leaves, washed and dried

1 tbsp Fat Free Cream Cheese

2 oz smoked Salmon, chopped coarsely

Chopped fresh Dill

5 jumbo Egg Whites

### **Cooking Materials:**

Small nonstick skillet; small bowl

### **Directions:**

1. Heat the olive oil in the skillet, and add the onion. Saute a few min; add the spinach, and stir until the spinach is wilted. Add the cream cheese, salmon, and a sprinkle of dill; stir until combined. Set aside in a small bowl.
2. Do not clean the skillet. Pour in the egg whites and cook in a flat omelet form over low heat, lifting the edges for the liquid part to run underneath. When cooked, place the salmon mixture on top and fold over.

Serve with Whole-Grain toast.