



“OUT-OF-BOUNDS OMELET”

- 1 CUP FRESH SPINACH, CHOPPED
- ½ CUP FRESH MUSHROOMS, SLICED
- ½ CUP FRESH TOMATOES, DICED
- 4 EGGS, BEATEN
- ¼ CUP LOW-FAT CHEDDAR CHEESE, SHREDDED

1. COAT A MEDIUM NON-STICK SKILLET WITH COOKING SPRAY. SAUTÉ SPINACH, MUSHROOMS AND TOMATOES FOR 2 MINUTES OVER MEDIUM-HIGH HEAT. REMOVE VEGETABLES FROM SKILLET.

2. GENEROUSLY COAT THE SAME SKILLET WITH COOKING SPRAY. POUR BEATEN EGGS INTO THE SKILLET AND COOK OVER MEDIUM-HIGH HEAT FOR 1 MINUTE. ALLOW EGGS TO THICKEN. LOOSEN EGGS WITH A SPATULA THEN FLIP ENTIRE OMELET OVER IN PAN.

3. PLACE VEGETABLE MIXTURE ON HALF OF THE OMELET. FOLD THE OTHER HALF OF THE OMELET OVER THE TOP OF THE VEGETABLE MIXTURE. SPRINKLE CHEESE ON TOP AND COOK FOR 1 MORE MINUTE.

SERVINGS: 2 / PREP TIME: 5 MINUTES / COOK TIME: 5 MINUTES

