

## COTTAGE CHEESE, SPINACH & TOMATO OMELET

2.2g-59.2g for 1 serving

1.5 cups of Egg Substitute

3/4 cup of 1% Cottage Cheese

1/4 cup of Raw Onions Chopped

1/2 cup Spinach - cooked, OR

1 cup Spinach Raw (if raw, make sure you heat it up in the pan before you start your omelet to make it wilt.)

6 Cherry Tomatoes (diced)

Pam or Other Non-Stick Cooking Spray

Heat pan with good amount of cooking spray on burner at a high setting (Use between 6 and 8 on a scale of 1 to 10).

When cooking spray is sizzling, add in the 1.5 cup of egg substitute and the 1/4 cup of raw chopped onions.

Make a traditional omelet - let the bottom of the omelet fry, occasionally lifting up the corners and tilting the liquid egg underneath to also cook.

When your omelet is close to perfection, or almost to the color of brown you like on the bottom, put 1/5 cup of Cottage Cheese (try not to get too much of the liquid), the 1/2 cup of Cooked Spinach, and the chopped tomatoes evenly on 1/2 of the omelet. While still in the pan, let it cook like this for another 1-2 minutes, softening and warming all the ingredients.

Next, flip the bare half of the omelet over onto the full side, creating that perfect half circle.

Now you're done! Top it off with the remaining 1/4 cup of Cottage Cheese.

Submitted by - catiedit