

# Spinach, Tomato and Feta Omelet



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Sponsored by The Incredible Edible Egg™

**POINTS®** Value: 4

Servings: 2

Prep time : 13 minutes

Cooking time: 12 minutes

Level of Difficulty: Easy

Looking for a way to pack in more vegetables? Try an omelet. We loaded our eggs with spinach, tomatoes, and feta.

## Ingredients

- 1 large egg(s)
- 3 large egg white(s)
- 1 cup spinach, chopped
- 1/2 tsp dried oregano
- 1/4 tsp table salt
- 1 sprays cooking spray
- 2 small tomato(es), chopped
- 2 Tbsp feta cheese, crumbled
- 4 slice reduced-calorie wheat bread, toasted

## Instructions

- Combine egg, egg whites, spinach, oregano and salt in a medium bowl; beat until well-blended.
- Lightly coat a 9-inch nonstick skillet with cooking spray; heat over medium heat. Pour egg mixture into skillet and spread to cover pan. Cook until bottom is lightly browned and firm, about 5 to 6 minutes. With a large spatula, flip omelet and cook other side until center is set, about 3 minutes more.
- Transfer omelet to a platter. Sprinkle tomatoes and cheese on one half; fold over other half to cover. Allow to stand 1 minute; cut in half crosswise and serve each piece with 2 slices of toast.
- Discover more easy, delicious recipes from [The Incredible Edible Egg](#).