



Egg White Omelet with Spinach and Cottage Cheese

Recipe Source: www.marthastewart.com

Serves 1

Ingredients:

3 large egg whites
Coarse salt and ground black pepper
1 tsp olive oil
1 cup packed baby spinach
¼ cup low-fat cottage cheese
2 Tbsp grated Parmesan

Steps:

- In a medium bowl, whisk together egg whites and 1 Tbsp water. Season with salt and pepper and set aside.
- In a medium nonstick skillet, heat oil over medium-high. Add spinach and season with salt and pepper. Cook until wilted and tender, about 1 minute.
- Add egg whites. Cook until nearly set, using a flexible heatproof spatula to pull sides of omelet toward center as uncooked egg whites run underneath, 1-2 minutes.
- Dollop cottage cheese on top of omelet and sprinkle with Parmesan. Gently slide omelet onto a serving plate, folding it over on itself by tipping skillet slightly.

Tips from the Test Kitchen: Feel free to add other vegetables to the step when you sauté the spinach. Red bell pepper, sliced green onion, or sliced mushrooms could be good options. This is a great base for other omelet fillings you like!

Nutritional Facts: Calories: 187, Carbohydrates: 6 grams, Protein: 22 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 11 mg, Sodium: 618 mg, Fiber: 1 gram, Total Sugars: 2 grams.