

Veggie Omelet with Spinach, Tomatoes & Mushrooms

Prep Time: 10 minutes | **Cook Time:** 7 minutes | **Servings:** 1

Ingredients:

- 2 whole eggs + 2 egg whites
- ½ cup spinach (chopped)
- ¼ cup diced tomato
- ¼ cup sliced mushrooms
- 1 tsp olive oil
- Salt & pepper to taste

Steps:

1. Heat olive oil in a skillet.
2. Add mushrooms and sauté for 2 minutes.
3. Add spinach and tomato, cook until softened.
4. Whisk eggs, season, and pour over veggies.
5. Cook until set, fold, and serve warm.

Nutrition (approx):

- Calories: 210
- Protein: 20g
- Carbs: 6g
- Fat: 12g
- Fiber: 2g

Tips:

- Add feta or cottage cheese for more flavor.
- Use egg whites only for lower fat.