

Spinach and Mushroom Omelet

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Ingredients:

- 1/2 a small red onion, julienne
- 1/2 cup chopped mushrooms
- 1/3 cup fresh spinach
- 2 large eggs or 1 cup egg-free substitutes or egg whites
- 1 small clove garlic, chopped
- 1 teaspoon nutritional yeast
- 1/4 teaspoon black pepper
- 2 tablespoon of Extra Virgin Olive Oil

Directions:

1. Heat 1 tbsp. olive oil in non-stick pan on low-medium flame.
2. Add in sliced onions, chopped garlic, mushrooms and spinach, sauté for a minute.
3. Season with salt and pepper and cook for 3-4 minutes until veggies are tender.
4. Remove veggies and place into bowl and set to side.
5. Mix eggs with salt for few seconds, season with salt and pepper.
6. Drizzle seconds tbsp. of olive oil in the same pan.
7. Pour in the egg mixture.
8. Let the eggs set a bit then add veggie mix and flip.
9. Let cook for a few more seconds.
10. Remove from heat and serve with your choice of topping.