

Mushroom Spinach Omelette

Makes one omelette

Ingredients:

- 2 teaspoons (8g) olive oil
- 4 small mushrooms (56g), sliced
- Large handful (36g) baby spinach leaves, stems removed
- 1 teaspoon (5g) butter
- 3 large (50g, each) eggs, whisked with a fork
- 1/4 cup (24g) grated gouda cheese

For serving: sliced avocado, salsa, toast, or fruit



Instructions:

1. In an **8-inch non-stick pan**, heat 1 teaspoon olive oil over medium-high heat. Add the mushrooms and cook until tender and lightly browned, about 6 minutes. Season with a pinch of salt and pepper. Set mushrooms aside.
2. Heat remaining 1 teaspoon olive oil in the skillet over medium heat. Add the spinach and cook until wilted, about 2 minutes. Season with a very small pinch of salt and pepper. Set spinach aside.
3. Melt 1 teaspoon butter in the same skillet over medium heat. Whisk eggs again, and season with salt and pepper. Pour eggs into the pan, cover with a lid, and reduce heat to low. Cook, covered, until eggs are almost fully set, about 8 minutes. Remove lid and add spinach, mushrooms, and cheese to one half of the omelette. Use a spatula to fold the empty half over filling. Press gently with spatula to seal. Cover with lid and cook over low heat for 2 minutes.
4. Use a spatula to slide the omelette onto a plate and serve.

Make-Ahead Tip: Mushrooms and spinach can be cooked up to 2 days ahead. Store in a sealed container in the refrigerator.

Questions? Email me Marie@MarieSaba.com and I'll be happy to help!