

TURKEY SPINACH AND MUSHROOM OMELET



SERVING SIZE

2



INGREDIENTS

ITEM

Extra Virgin Olive Oil

Mushrooms, Sliced

Spinach (Stems Removed if Needed)

Eggs, Whisked

QUANTITY

2 tsp.

2 cups

2 cups

4 Eggs

ITEM

Turkey

Oregano, Dried

Salt and Pepper

QUANTITY

2 oz

1 tsp.

To taste



PREPARATION

- ✔ Heat 1 tsp olive oil in a non-stick pan over medium heat.
- ✔ Add mushrooms and sauté for 3 minutes.
- ✔ Add spinach to the pan, season with salt, pepper, and oregano, and cook until wilted.
- ✔ Remove cooked veggies from the pan and set aside.
- ✔ In the same pan, heat the remaining 1 tsp olive oil.
- ✔ Pour in the whisked eggs and sprinkle with oregano, salt, and pepper.
- ✔ When eggs begin to set, add the turkey and cooked veggies to one side of the omelet.
- ✔ Fold the omelet over and cook until eggs are fully set.
- ✔ Serve hot. Enjoy