

# Scrambled Greek Omelette Florentine

Hands-on - 10 min.  
Serves 2

Here's a "supercharged breakfast" easy enough to prepare every day and special enough to serve for holidays and special occasions. The omelette is "scrambled style" so you don't have the stress over flipping it just right.

## Menu

*Scrambled Greek Omelette  
Florentine*

*Whole-Wheat Toast*

*Sliced Fruit*

Spray a medium nonstick skillet with cooking spray. Heat over medium-high heat.

4 cups fresh, ready-to-eat baby spinach  
(lightly packed)

4 shakes dried onion flakes

Sauté spinach and dried onion for 2 minutes. Spinach will shrink down to less than half its bulk.

1 cup egg substitute or 2 whole eggs and  
4 egg whites whisked together

6 grinds fresh cracked pepper

4 shakes Greek seasoning, Italian seasoning  
or oregano

Add to pan. Stir constantly until eggs are almost completely set.

1/4 cup reduced-fat feta cheese, crumbled

1 med tomato, chopped

Add feta cheese and chopped tomato last 1 minute of cooking time.

Serve with whole-grain toast and sliced fruit.

## Nutrition information for half entire omelette, without toast and fruit

Calories	110	Fat	2 g	Fiber	6 g	Sodium	500 mg	Total Carbohydrate	5 g
Calories from Fat	16%	Saturated Fat	<1 g	Cholesterol	15 mg	Protein	17 g	Sugars	<1 g