

An Italian Omelet

This three-egg omelet is filled with sausage, spinach, mushrooms, tomato, and three cheeses--feta, cottage and cheddar.

Ingredients

- 2 tbsp. crumbled sausage
- 1 cup of torn fresh spinach
- 1/2 cup of sliced fresh mushrooms
- 1 tbsp. dried onion flakes
- 1 tbsp. butter
- 3 eggs
- 1 tbsp. sliced small pear or Roma tomatoes
- 2 tbsp. crumbled feta cheese
- 1 tbsp. cottage cheese (drained)
- 1/2 cup of cheddar cheese in small cubes

Method

Cook chorizo and drain; stir in spinach and mushrooms; set pan aside. Melt butter in an omelet or flat sauté pan. Sprinkle onion flakes into the pan. Add beaten eggs to pan at a medium-low setting. Sprinkle feta, cottage cheese and cheddar onto egg/onion mixture on half of the pan. Sprinkle your mushroom-spinach-sausage mix on top of cheeses. Add sliced tomatoes across. Fold egg over mixture and cook on low heat until egg is done.

Notes: Sliced mushrooms can be softened first in microwave before adding to omelet.

Serves 1-2.