

Spinach and Cheese Omelet

Ingredients

- 6 eggs
- 1 tsp. poultry seasoning
- 1 tsp. dried basil leaves
- 1 tbsp. olive oil
- 1 tbsp. butter
- 3-4 oz. spinach
- 1/2 cup feta cheese
- 1/2 cup Parmesan cheese
- Salt, pepper and garlic powder to taste

Method

Place fry pan on medium heat. Place olive oil and butter in pan. In separate bowl, beat eggs, basil and poultry seasoning. Pour into preheated pan and turn to low heat. Add feta next, then spinach and top with Parmesan. Cover and simmer for 15 minutes or until eggs are not runny.

Number of Servings: 3-4