

Broccoli, Spinach and Tomato Omelet
(serves 1)

1/2 tsp. olive oil
1/2 Cup broccoli florets
1 T chopped shallot
1 Cup fresh spinach
6 cherry tomatoes cut in half
4 oz. egg whites

1. Heat a small nonstick sauté pan (preferably 8 inch) over medium heat and add olive oil.
2. Add broccoli and shallots and cook for 2 minutes.
3. Add spinach and tomatoes and cook 1 minute longer. TASTE.
4. Pour egg whites Cook 4-5 minutes until eggs do not run.
5. Fold over and serve . Cook additional broccoli and tomatoes with your favorite herbs and spice to serve on the side if desired.