

Egg White Omelet with Spinach & Mushroom and Baby Green Salad  
(serves 1)

2 t. olive oil  
3 oz. egg whites  
3 button mushrooms  
1 C fresh spinach  
1/2 cup chopped tomato  
1 T chopped parsley  
1 C baby greens (mesculin)

1. Heat an 8 in. non stick sauté pan on medium heat with 1t. olive oil. Add mushrooms and cook for two minutes. Add tomatoes and season with salt and pepper. Once they begin to release there water, add spinach.
2. Add eggs and stir until egg begins to set (approximately 1 minute). Let sit for 1 minute and add herbs. Season salad greens with salt and pepper, the remaining olive oil and your favorite vinegar. Place omelet on plate and top with the greens.