

Egg-White Omelet with Spinach and Cottage Cheese

Serves 1

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| <ul style="list-style-type: none"> ▪ 3 large egg whites ▪ coarse salt and ground pepper ▪ 1 teaspoon olive oil | <ul style="list-style-type: none"> ▪ 1 cup packed baby spinach ▪ ¼ cup low-fat (1%) cottage cheese ▪ 2 tablespoons grated Parmesan |
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1. In a medium bowl, whisk together egg whites and 1 tablespoon water; season with salt and pepper, and set aside.
2. In a medium non-stick skillet, heat oil over medium-high heat. Add spinach, and season with salt and pepper; cook until wilted and tender, 1 minute. Add egg whites; cook until nearly set, using a flexible heat-proof spatula to pull sides of omelet toward center as uncooked egg whites run underneath, 1 to 2 minutes.
3. Dollop cottage cheese on top of omelet, sprinkle with Parmesan, and season with salt and pepper. Gently slide omelet onto a serving plate, folding it over on itself by flipping skillet slightly.

Nutritional breakdown (per serving):

Calories: 199	Fat: 8.1 g Sat Fat: 2.7 g	Carbohydrates: 8.7 g	Cholesterol: mg	Protein: 4.9 g	Sodium: mg
Fiber: 2.7 g	Sugars: g				

Taken from Everyday FOOD: A Martha Stewart Magazine, "Healthy Start", January/February 2008, pg. 54.

