



Nutrition Information Per Serving:

Calories: 338
Protein: 34 g
Carbohydrates: 6 g
Fat: 19 g
Fiber: 0 g

PREP TIME 5 mins	COOK TIME 5 mins	TOTAL TIME 10 mins	RECIPE MAKES 1 serving
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"As a Registered Dietitian Nutritionist, I'm always trying to find creative ways to sneak in hearty nutrition without feeling like you have to eat a salad or smoothie. By finely dicing those veggies (basically whatever "garden fresh" veggies you have on hand), mixing them with eggs and topping the omelet with Muuna cottage cheese, you're able to pull a stealth health move and start your day with not only protein, veggies and dairy, but also fiber!" –[Shaw's Simple Swaps](#)

INGREDIENTS

- 3 Large eggs
- ½ cup Fresh spinach, chopped
- 2 Tbsp. Red onion, chopped
- ¼ tsp. Black pepper
- ¼ tsp. Kosher salt
- ½ cup Lowfat Plain Muuna cottage cheese
- 3 Cherry tomatoes, halved

INSTRUCTIONS

- 1) In a small bowl, whisk eggs with spinach, onion, pepper, and salt.
- 2) Spray a 6-inch nonstick pan with cooking spray and place over medium heat.
- 3) Pour in the egg mixture and let set for 3 to 4 minutes.
- 4) When sides are firm, quickly flip omelet using a large spatula to evenly cook both sides.
- 5) Remove from heat and serve open face or folded with ½ cup cottage cheese and halved cherry tomatoes.