Spinach Feta Veggie Omelette

A protein-packed, low-carb omelette loaded with fresh spinach, juicy tomatoes, and creamy feta cheese, perfect for a healthy breakfast or light meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large eggs
- 1/4 cup fresh spinach, chopped
- 1/4 cup cherry tomatoes, halved
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil
- Salt to taste
- Black pepper to taste

Instructions

1. Crack eggs into a bowl, add salt and pepper, then whisk until well blended.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add chopped spinach and tomatoes to the skillet; sauté for 1-2 minutes until spinach wilts slightly.
4. Pour the whisked eggs over the veggies evenly in the skillet.
5. Sprinkle crumbled feta cheese on top of the eggs.
6. Cook without stirring for 3-4 minutes until the edges set and the bottom is lightly golden.
7. Carefully fold the omelette in half and cook for another 1-2 minutes, or until eggs are cooked through.
8. Slide the omelette onto a plate and serve immediately.

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