Protein-Packed Spinach Feta Omelette

A nutritious high-protein omelette featuring fresh spinach and tangy feta, perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large eggs
- 1 cup fresh spinach, chopped
- 2 oz feta cheese, crumbled
- 1 tbsp olive oil
- 1/4 cup onion, finely chopped
- 1/4 tsp salt
- 1/4 tsp black pepper
- Optional: 1/4 tsp garlic powder

Instructions

1. In a bowl, whisk the eggs with salt, pepper, and garlic powder until fully blended.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add chopped onion and sauté for 2 minutes until translucent.
4. Add chopped spinach to the skillet and cook until wilted, about 1-2 minutes.
5. Pour the beaten eggs evenly over the spinach and onions in the skillet.
6. Sprinkle crumbled feta cheese over the eggs.
7. Cook undisturbed for 3-4 minutes until the edges set.
8. Gently lift edges to allow uncooked eggs to flow underneath.
9. When the top is nearly set but slightly runny, fold the omelette in half.
10. Cook for an additional 1-2 minutes, then remove from heat and serve warm.

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