

# Featured Recipe

## EGG WHITE OMELET WITH SPINACH OR CHARD

(MAKES 1 OMELET)

### INGREDIENTS:

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

### NUTRITION FACTS:

100 calories, 4.5g fat,  
210mg sodium, 2g fiber

### DIRECTIONS:

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelet.

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