

SPINACH OMELET

Ingredients:

1 cup fresh spinach leaves, chopped
1 shallot, finely diced (or green onion)
4 eggs
1/3 cup skim milk
½ cup Swiss cheese (or any other cheese)
2 Tbsp olive oil
Pinch of chili flakes (optional)
Salt

Tip: to make the cheese melt quicker, you can fold the omelet into a semi circle while it is cooking in the skillet.

Instructions:

- Preheat oil in an iron skillet.
- Whisk eggs, milk, chili flakes and salt in a medium bowl.
- Sauté spinach and shallots for about 2 minutes, or until slightly wilted.
- Add the egg mixture and cook until the egg is set.
- Add cheese last and wait until it melts before serving.

Serves 2

Good to know

Iron skillets are relatively cheap and will last you a life time, if not longer. They are a healthier alternative to T-Fal and other non-stick cookware. If treated with care and seasoned properly, an iron skillet will become non-stick as well. As well, cooking with iron skillets increases your intake of iron in your diet.

