



Green omelette

Ingredients (serves 1)

2 eggs

20 g frozen spinach

1 tbsp of extra virgin olive oil

Salt (restrict in case of hypertension and / or fluid retention)

Method

1. Let the spinach thaw in the fridge and remove the stems, if any. Drain the water they have released and set aside.
2. Blend the eggs with the spinach until obtaining a homogenous green color. Add salt to taste.
3. Heat the olive oil in a small non-stick frying pan. Pour the eggs and cook the omelette, covering it to help it sets.
4. Serve.

Recommendations

You can add one egg white to enrich the preparation with protein. Use fresh spinach instead of frozen spinach, washing it properly, removing the stems and draining it.