



Spinach Scromblet - Bariatric

A "scromblet" is the name I give a scrambled omelet; a quick and easy way to add veggies to your breakfast!

<u>U.S.</u>		<u>Metric</u>
2 each	Eggs	2 each
2 each	Egg whites	2 each
1 1/2 cup	Spinach, washed, dried, and chopped	45 g
1/4 tsp	Kosher salt	.6 g
1/2 tsp	Black pepper, ground	2 g
1/4 tsp	Thyme, dried	.6 g
1 tsp	Olive oil	5 mL
2 Tbsp	Cheddar cheese, low-fat, shredded	14 g

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, whisk eggs and egg whites together. Add spinach, salt, pepper, and thyme. Whisk until well combined. Set aside.
3. Heat a medium sauté pan on medium heat. Add oil.
4. Pour egg mixture into pan. Fold eggs with a spatula or spoon until eggs are almost set (about 2 minutes).
5. Turn off heat and place cheese in an even layer on top of the eggs. Cover pan and allow to sit for 1 minute to melt the cheese. Serve immediately!

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size 1/4 cup

Amount per serving

Calories 80

Calories from Fat 45

Total Fat 5 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated Fat 2 g

Cholesterol 95 mg

Sodium 250 mg

Total Carbohydrate 1 g

Dietary Fiber 0 g

Total Sugars 0 g

Includes 0 g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 10 %

Iron 4 %

Potassium 136 mg

Phosphorus 103 mg