

Spinach Omelet

This breakfast omelet is a great choice to start out the day. A spinach omelet has all those antioxidants and proteins that help to start the brain up right and get you prepared for your day. Adding green olives, spinach, a dash of green peppers along with a little olive oil and some onions will help make your vitamin rich eggs a little tastier. This simple concoction can lead to an easy morning start and provide a body boost. The antioxidants provided by the olives also provide you the fair amount of iron, fibers, and vitamin E mixed along with vitamins and other properties found in the eggs and other ingredients.

This quick and easy recipe is easily adjustable for larger meals. The savory taste of olives and black pepper mixed with the eggs will definitely have your taste buds thanking you. This meal will help keep you feeling full and satisfied. Whether you are eating with someone or eating both servings by yourself.



Serves 4

Ingredients

- 4-6 eggs, beaten
- 2 tablespoons of olive oil
- $\frac{1}{4}$ teaspoon of black pepper
- Pinch of salt, or to taste
- $\frac{1}{2}$ cup green olives, chopped
- $\frac{1}{3}$ cup spinach, pre-boiled and drained
- $\frac{1}{3}$ cup green onions, chopped

Preparation

- First, take a small bowl and whisk the eggs.
- Heat oil in a non-stick frying pan and cook the onions for about 2 minutes.
- Next, add spinach and cook for about 5 minutes.
- Then add green olives, salt, and black pepper.
- Pour the eggs onto the top and cook until done.
- Serve and enjoy.