



Keto Omelet with Spinach, Onions & Tomatoes

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

316.3 calories, 6.66 g carbohydrate, 1.9 g fiber, 4.76 g NET carbs, 20.43 g protein, 25.16 g fat

Ingredients

- 1 cup Earthbound Farm Fresh Spinach
- 1/2 small plum(s) organic plum tomato, chopped
- 1/4 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 6 large(s) pastured eggs
- 1/4 small(s) organic onion, chopped
- 2 Tbsp(s) coconut milk, full fat
- 1 Tbsp virgin coconut oil

Preparation

1. In a small, safe, nonstick skillet, heat the oil over medium heat.
2. Add the onions and tomatoes. Cook until the onion is soft, about minutes. Stir in a pinch of salt and spinach and cook for 1 minute. Transfer the spinach mixture to a bowl. Cover and keep warm.
3. In a medium bowl, whisk the eggs, coconut milk and a pinch salt and pepper until frothy.
4. Spray coat a medium, safe nonstick skillet or omelet pan with cooking spray and heat over medium heat.
5. Add 1/2 of the eggs, swirling to evenly cover the bottom of the pan. Cook until set, about 1 1/2 to 2 minutes. Use a rubber scraper to gently lift the eggs up and allow the uncooked egg whites to flow underneath.
6. Spoon 1/2 of the spinach mixture onto half of the omelet, fold over, and slide onto a serving plate. Repeat with remaining eggs and spinach mixture.
7. Serve.

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