

Core Cooking with Mandie Shockley

Easy Egg White Omelet



INGREDIENTS

Serves 1

4-8 ounces organic egg whites

1 cup chopped tomatoes

¼ cup diced red onion

2-3 Tbsps. sliced scallions (green onion)

Large handful fresh baby spinach leaves

INSTRUCTIONS

Heat large pan over low heat and add egg whites turning pan so that egg completely coats surface of pan. As eggs set, sprinkle the tomatoes, red onion and green onion evenly over egg whites. Once eggs have completely set add spinach and then fold half over to create a half circle. Let heat from the eggs wilt the spinach and serve immediately. Top with Himalayan salt and black pepper to taste.