



Quick omelette Rollups (ES)

Serving: 1

Non Veg

Ingredients

- 1- Egg whole
- 1- Egg whites
- 1 tbsp Milk
- 1 tsp Olive oil
- Salt to taste
- Black pepper to taste
- Whole wheat tortila -1
- Baby spinach - 10-12 leaves
- cheddar cheese - 1 tsp

Preparation Method

- For Omellete : Take a bowl crack the egg whole + 1 egg whites , add 1 tbsp milk , salt and pepper , mix it well.
- In a medium non-stick skillet over medium heat, melt butter. Pour in eggs and tilt pan so eggs fully cover the entire pan. As eggs start to set, use a rubber spatula to drag cooked edges into center of pan. Tilt pan to let uncooked egg fall to the edge of the pan.
- Place on one of the tortila . top the omellete with spinach , sprinkle cheddar cheese on it .
- Roll up to enclose filling. Serve immediately.