

Spinach Mushroom Omelet



Prep
15 m

Cook
15 m

Ready In
30 m

allrecipes!

SAFeway

Safeway
11450 San Pablo Ave
EL CERRITO, CA 94530

Recipe By: Dragonfly

"A hearty but healthy breakfast or brunch omelet, filled with cheese, mushrooms, spinach, and peppers. Serve with a slice of whole grain toast and fruit."

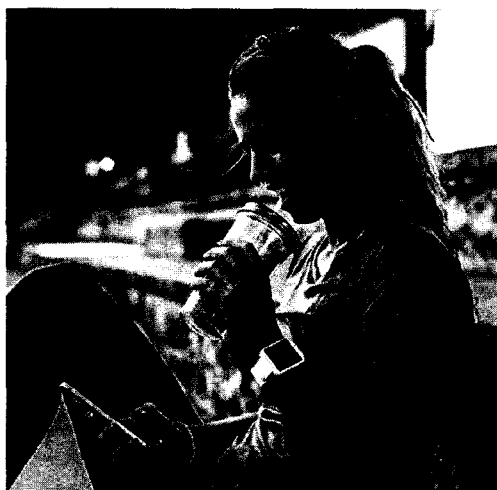
Ingredients

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| 1 egg | 1/8 teaspoon ground black pepper |
| 3 egg whites | 1/2 teaspoon olive oil |
| 1 tablespoon grated Parmesan cheese | 1/2 cup sliced fresh mushrooms |
| 1 tablespoon shredded reduced-fat Cheddar cheese | 1/4 cup diced green onion |
| 1/4 teaspoon salt | 2 tablespoons finely chopped red bell pepper |
| 1/8 teaspoon red pepper flakes | 1 cup torn fresh spinach |
| 1/8 teaspoon garlic powder | 1/2 cup diced fresh tomato |
| 1/8 teaspoon ground nutmeg | |

Directions

- 1 Beat egg and egg whites in a small bowl. Mix in Parmesan cheese, Cheddar cheese, salt, red pepper flakes, garlic powder, nutmeg, and pepper.
- 2 Heat oil in a large skillet over medium heat; cook and stir mushrooms, green onion, and bell pepper until tender, about 5 minutes. Place spinach in skillet and cook until just wilted. Stir in diced tomato and egg mixture; as eggs set, lift edges, letting uncooked portion flow underneath. Cook until egg mixture sets, 10 to 15 minutes; cut into wedges and serve immediately.

PAID CONTENT



Of Smoothies and Workouts
We've listed five different smoothies that correspond with a specific workout type. Add Revel, and you're on your way to ideal health.

From Bodybuilding.com

Loose Red Bell Peppers 1 Each
\$3.00 for 2 item -
expires in 3 days

Cracker Barrel Extra Sharp Cheddar Cheese 8 Oz
\$7.00 for 2 item -
expires in 3 weeks

McCormick Sea Salt Grinder 2.12 Oz
\$3.00 for 2 item -
expires in 3 weeks

McCormick Gourmet Collection Organic Crushed Red Pepper 1.12 Oz
25.00% Off For 1 item -
expires in 3 weeks

McCormick Gourmet Collection Organic Garlic Powder 2.25 Oz
25.00% Off For 1 item -
expires in 3 weeks

McCormick Gourmet Collection Ground Nutmeg 1.81 Oz
25.00% Off For 1 item -
expires in 3 weeks

McCormick Black Peppercorn Grinder 1.24 Oz
\$3.00 for 2 item -
expires in 3 weeks