



## BLUE ZONES RECIPE

### EGG WHITE OMELETTE WITH SPINACH AND FETA



#### INGREDIENTS:

- 2 Large Eggs Separated
- 1/2 C Spinach Leaves
- 1 TBSP Crumbled Feta
- 1/8 Tsp Pepper
- 1/8 Tsp Salt. *Hint: The feta is salty, so adding extra salt may not be needed*

#### INSTRUCTIONS:

1. Whisk egg whites with salt and pepper
2. Spray nonstick pan with olive oil
3. Sauté spinach in nonstick pan at medium heat until wilted
4. Add egg whites and feta and lower heat to medium low
5. When the bottom is cooked and the top is not runny, fold over.
6. Cook bottom until desired firmness and color
7. Flip folded omelet and continue to cook until firm
8. Slide the omelet onto a plate