

Vegan Egg Classic Omelet

Swick

Makes 1 omelets | Active Time: 5 minutes | Total Time: 10 minutes

Chef's Notes

Nutrition: Calories 448; Fat 34g; Carbs 12g; Fiber 3g; Sugar 2g; Protein 26g; Cholesterol 17mg; Sodium 953mg; Vitamin A 9226IU; Vitamin C 7mg; Calcium 202mg; Iron 6mg

Step 1: Method

- 2 tsp avocado oil
- 1/4 cup red onion, diced
- 1 garlic clove, diced
- 2 tbsp vegan feta cheese
- 4 oz JUST Egg
- 1/2 cup frozen spinach

1. Heat 1 teaspoon of oil in a small nonstick pan over medium heat. Add onion and garlic, then sauté for 30 to 60 seconds until softened and fragrant.
2. Add the spinach and sauté until just wilted, about one minute. Transfer mixture to a plate/bowl and wipe the pan.
3. Place the pan back on the stove and heat the 1 teaspoon of oil on medium-low heat, then swirl to spread it out. Pour in JUST Egg and tilt the pan to spread it across the bottom into an even circle.
4. Once the edges begin to solidify, gently run your spatula around the edges to keep them from sticking. Once the bottom starts to solidify, you can slip the spatula underneath the omelet to gauge if it's almost ready to flip. When the top has fully cooked, gently and quickly flip the omelet. Place 1/2 of the cheese on one side of the omelet, then the spinach mixture and then the remaining cheese.