

Bay Shrimp Omelet with Sautéed Spinach and Gruyere Cheese

2 servings

INGREDIENTS:

- 1 teaspoon reduced-fat margarine
- 2 cups fresh spinach, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup cooked salad shrimp, cleaned and patted dry
- 1 cup liquid egg substitute (equivalent to 4 whole eggs)
- 1 teaspoon cooking sherry
- 1/4 teaspoon ground nutmeg
- Cooking spray
- 1/4 cup Gruyere cheese, grated

DIRECTIONS:

- Melt margarine in a nonstick large skillet over medium-high heat. Add spinach, salt, and pepper. Sauté spinach until wilted. Add shrimp and gently mix into spinach. Remove from heat. Spoon spinach-shrimp mixture into a small bowl. Keep warm.
- In a medium bowl, whisk together egg substitute, cooking sherry, and nutmeg.
- Coat same skillet with cooking spray and heat on medium-high. Once skillet is hot, pour egg mixture into skillet. Let egg mixture set slightly. Tilt pan, carefully lift edges of omelet with spatula, and allow uncooked portion to flow underneath cooked portion. Cook about 2 to 3 minutes or until eggs are set.
- Spoon spinach-shrimp mixture onto half of the omelet. Sprinkle with grated cheese. Carefully loosen omelet with spatula, then fold in half. Cook for 1 minute or until cheese is melted. Slide omelet onto a plate, cut in half.

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