

My Big Fat Greek Omelet

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-omelet-recipe>

Ingredients:

- 1 cup grape tomatoes halved
- 1 teaspoon dried oregano divided
- 1/2 teaspoon salt divided
- black pepper to taste
- 1/2 cup crumbled feta cheese can use reduced-fat
- 8 large eggs
- 10 ounces chopped frozen spinach thawed and squeezed dry
- 1 tablespoon olive oil

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 440 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 650 milligrams
9. Sugar: 3 grams

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