

Red Kale and Cheese Omelet for Two

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-white-cheese-recipe>

Ingredients:

- 5 eggs beaten well
- 1/2 teaspoon Spike Seasoning Optional, but Spike is really good in eggs. Use other seasonings as desired if you don't have Spike.
- 2 tablespoons chopped onion or red onion
- 2 teaspoons olive oil or more, depending on your pan
- 3 ounces kale chopped, 2 cups chopped kale. You could use other greens like chard, collards, spinach, or broccoli rabe.
- 1/3 cup white cheese grated, I used a low-fat blend called pizza cheese which had Mozzarella, Provolone, Romano, and Parmesan cheese

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 570 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 12 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

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