

Easy 8 Egg Omelet  
Nutrition in Seattle  
[www.nutritioninseattle.info](http://www.nutritioninseattle.info)  
with Cindy Olejar  
Serves 2 to 4 people

**Ingredients**

8 eggs  
1 cup spinach or kale chopped  
1 can mushrooms sliced  
1 to 3 strips of cooked bacon cut into pieces  
1/2 tsp sea salt  
1/2 to 1 tsp garlic powder or granules  
1/2 to 1 tsp rosemary

**Directions**

1. Mix all the ingredients in a large bowl
2. Pour mixture into a deep pan and cook on medium heat for 10 to 15 min or until eggs are cooked.
3. Let cool, cut into 4 to 8 slices and enjoy.
4. Store leftovers in the refrigerator up to one week.

