

**Easy Egg Mushroom Spinach Herb Omelet**  
**Nutrition in Seattle with Cindy Olejar**  
[www.nutritioninseattle.info](http://www.nutritioninseattle.info)

1 serving

Cooking pot needed: 6 -1/2 inch pot with lid

Can make a double batch and use a 7 to 8 inch pot with lid.

**Ingredients**

3 eggs  
¼ teaspoon sea salt  
½ to 1 teaspoon parsley  
½ to 1 teaspoon Italian Herb blend  
¼ to ½ garlic powder  
1 can mushrooms 6.5 ounces drained  
1 cup chopped fresh spinach

Other optional ingredients could include sliced cherry tomatoes, chopped onion, chopped chives, shredded cheese and more!

**Directions**

1. In a large bowl add the eggs, sea salt, garlic and herbs and mix really well.
2. Add the spinach and mushrooms and mix until combined.
3. Grease the bottom and sides of a 6.5 inch pot with coconut oil or olive oil.
4. Pour the egg mixture into the greased pot, cover the pot with a lid, and let cook on medium heat for 10 to 15 minutes depending on the heat variability of your stove.
5. Let cool and enjoy!

