

Everything
HERBAL

by Cheryl Jabz



Spinach and Herb OMELETTE



INGREDIENTS:

- 2–3 eggs
- ½ cup chopped spinach
- 1 tablespoon parsley
- 1 teaspoon thyme
- 2 tablespoons shredded mozzarella
- Salt & pepper
- Olive oil



DIRECTIONS:



Wilt spinach in olive oil.



Add whisked eggs and herbs.



Sprinkle with cheese, fold, and cook until set.



Simple ingredients, amazing flavor!



PERFECT PAIRINGS:

Enjoy with whole grain toast, fresh fruit, or a crisp green salad for a balanced meal.



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