



## Spinach Sweet Potato Omelet

Servings: 4

Prep: 15 minutes

Cook: 10 minutes

Ready: 25 minutes

### Ingredients

4 TBSP unsalted butter

8 eggs

2 cups cooked sweet potatoes, peeled and diced

4 cups spinach, chopped

8 TBSP salsa, optional

Salt and pepper, to taste



### Foods for Consistent Energy



Protein is digested slowly and helps keep blood sugar stable, giving you long-lasting energy.



Fiber-rich foods like sweet potatoes and spinach provide you with slow carbs that prevent your blood sugar from spiking and keep energy consistent.



Healthy fats keep blood sugar stable and help your body absorb metabolism-boosting nutrients, like B-vitamins and iron-which help keep energy up.

### What you'll need



measuring spoons



measuring cups



large bowl



non-stick skillet

# Spinach Sweet Potato Omelet

## Instructions

1. Beat eggs (8) thoroughly in a large bowl.
2. Cook the four omelets in two batches. For each batch, melt 2 tablespoons of butter over medium-high heat in a non-stick skillet.
3. Add one half of the egg mixture to the pan.
4. As the eggs begin to cook on the bottom, lift the edge with a rubber spatula and allow the uncooked eggs to flow underneath and make contact with the skillet.
5. When eggs are set but not completely firm, add half of the sweet potatoes (1 cup), spinach (2 cups) and salsa (4 TBSP) and cook until warm.
6. Season with salt and pepper.
7. Slide omelet onto a plate and fold in half. Divide into two servings.



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## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **367**

**% Daily Value**

**Total Fat** 14g **22%**

Saturated Fat 6g **28%**

Monounsaturated Fat 0g

Polyunsaturated Fat 0g

Trans Fat 0g

**Cholesterol** 383mg **127%**

**Sodium** 366mg **15%**

**Potassium** 567mg **16%**

**Total Carbohydrate** 42g **14%**

**Dietary Fiber** 3g **11%**

**Sugars** 32g

**Protein** 15g **30%**

Vitamin A **192%**

Vitamin C **10%**

Calcium **38%**

Iron **21%**