

# Spinach Shitake Omelet with Cream Cheese

Servings:	1
Calories (per serving):	324 kcal
Protein:	18 g
Carbs:	0 g
Fat:	26 g
Prep Time:	15 min
Total Time	15 min

## Ingredients:

- Butter for frying
- 3 medium eggs
- Shitake mushrooms
- Baby Spinach
- Salt
- Pepper
- Parsley (fresh or dried)

## Preparation:

1. Melt the butter in a pan. Add chopped mushrooms. Once soft, stir in baby spinach. When wilted, you may add more spinach and stir in again.
2. In the meantime, crack eggs in a small mixing bowl. Add salt and pepper and beat with a small whisk or fork.
3. Transfer mushroom and spinach mixture into a separate container. Wipe out the skillet, add 0.5 tbsp butter, and heat over med to med-low. Add half of the beaten egg mixture and spread evenly on a skillet surface.
4. Add cream cheese and spinach-mushroom mix in the middle of the omelet - cook for a couple of minutes. Carefully lift the edge of the omelet and check to see if the eggs are lightly golden on the bottom. Once they are, gently fold it over the filling.

