



## Greek Style Omelette

### Ingredients:

- 3 large eggs, beaten
- $\frac{2}{3}$  cup spinach, chopped
- $\frac{1}{3}$  cup feta cheese, crumbled
- 1 teaspoon fresh dill, minced
- $\frac{1}{2}$  teaspoon red pepper flakes (optional)
- 1 teaspoon olive oil
- 1 pinch salt and pepper
- 1 dash hot sauce (optional for serving)

### Instructions:

Chop spinach and mix well with minced dill and crumbled feta. Set aside.

Scramble eggs lightly in a bowl with a tablespoon of water.

In a medium non-stick skillet, add a swirl of olive oil and place over medium heat. Once oil is hot, add eggs. Use a flat spatula to move cooked egg carefully to the center and allow uncooked egg to flow to the outside.

When the eggs are set on the bottom but still a bit runny on top, add filling to half of the egg and carefully fold egg over to enclose the filling.

Let cook for another few minutes to finish cooking eggs and heat up filling. To finish cooking the eggs, it might help to either cover the pan for a minute or two or carefully flip the omelet with a spatula so that the other side of the omelet gets some heat also.

Serve with a pinch of salt and pepper and hot sauce. This is a big omelet and might be enough to split depending on how hungry you are.