

Low FODMAP Spinach, Feta & Pine Nut Omelette

Serves: 1

Prep: 5 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
2 large eggs	117 g	4.1 oz
1 tbsp milk (lactose-free if required)	20 g	0.7 oz
Pinch of pepper, to taste		
1 tsp butter	5 g	0.1 oz
1 cup baby spinach	38 g	1.3 oz
¼ cup crumbled feta cheese	34 g	1.2 oz
1 tbsp toasted pine nuts	10 g	0.4 oz

Method

1. Wilt the spinach in a lightly oiled pan and fold through the feta to warm. Set aside.
2. Lightly whisk the eggs with milk and a pinch of pepper.
3. In a non-stick frypan melt the butter over a moderate heat while swirling over the surface until it starts to sizzle.
4. Pour in the egg mix and swirl the pan ensuring a thin, round omelette is formed. Briefly cover with a tight fitting lid so the surface egg is almost cooked.
5. Spoon the warmed filling on half the omelette and again cover for about 20 seconds. Remove the lid and sprinkle with pine nuts.
6. Tip the pan towards the serving plate and fold the omelette in half to encase the filling.
7. Slip the omelette onto the plate and serve with any low FODMAP toasted bread.

Hints

- For a nut-free option replace pine nuts with toasted sunflower seeds.

Serving suggestions:

Using your app or booklet to check serving sizes, fill with:

- Fresh tomato and basil
- Tasty cheese and chive
- Crispy bacon pieces and wilted silverbeet or spinach
- Semi-dried tomato, mozzarella and basil
- Sautéed oyster mushrooms, plain goat's cheese and green onion tops
- Sautéed low FODMAP vegetables like zucchini, carrot, Jap pumpkin, capsicum
- Smoked salmon, alfalfa and chives

Nutrition Information (per serve)	
Energy	1412 Kj / 337 cal
Protein	23.70g
Carbohydrates	2.20g
Sugar	1.60g
Total Fat	25.90g
Saturated Fat	8.60g
Fibre	2.20g