

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



*DR. SINATRA'S*

## SPINACH & AVOCADO OMELET

This [antioxidant](#) and [carotenoid](#)-rich omelet is one of my favorite ways to start off a weekend! Rich in vitamin B-12 and choline, eggs are also full of protein, magnesium and sulfur, and are one of the few food sources of vitamin D, which we need for immune system health. The [healthy fat](#) in nutrient-rich avocado is not only satiating, but helps us absorb the health-protective carotenoids found in [spinach](#), red bell peppers and tomatoes. Enjoy this colorful omelet with a slice of toasted whole grain bread, or fresh berries. Serves 2.

- 4 organic eggs, cage-free if possible
- 2 Tbsp organic milk
- 1 small to medium sized avocado, sliced into ½-inch cubes
- ½ [organic red bell pepper](#), chopped; or 1 organic tomato, chopped
- 2 cups fresh organic spinach leaves
- 1 ounce organic goat or feta cheese
- [Sea salt](#) and pepper, to taste
- Coconut oil

To prepare, sauté the red bell pepper or tomato in 1 teaspoon of coconut oil in a non-stick sauté pan over medium-high heat for a minute or two, then add the spinach, stir and cover until spinach has wilted - about 2 to 3 minutes. Remove vegetables from the pan and set aside, and set burner heat to medium.

Whisk the [eggs and milk](#) together in a small bowl until the mixture turns a pale yellow color. Add another teaspoon of coconut oil to the pan, then pour in egg mixture and allow it to set for a minute or two; do not stir. When you can easily slide a spatula under the bottom of the egg pancake, flip over onto the other side. Spread spinach medley evenly over ½ of the egg mix, then top with avocado chunks and goat or cheddar cheese. Using spatula, fold empty half of the omelet over the one with veggies and cheese to form a half moon and cook for another minute or so until cheese starts to melt.