

Eggs

If you have normal cholesterol levels, eggs are not the enemy. They contain a number of valuable proteins. If you do have high cholesterol, talk to your doctor first.

Omelet with feta cheese and spinach

2-3 eggs per person

1 small handful of baby spinach leaves per person

2 tablespoons of crumbled feta per person

2 tablespoons of olive oil

Break eggs into a bowl and stir. Heat a non-stick pan on low/medium; when hot, add olive oil. Pour in eggs, and add feta cheese, cook for about 2 Minutes, then add spinach leaves, lower heat to low and cover the pan with a lid or sturdy plate. If desired, flip over 1/3 of the omelet onto itself. Let stock until eggs are firm, and serve.