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Tex-Mex Spinach Omelet

Total Time: 25 mins

Ingredients

- 1 cup(s) refrigerated or frozen egg product, thawed, or 4 eggs
- 1 tablespoon cilantro
- dash(es) salt
- dash(es) cumin, ground
- cooking spray
- 1 ounce(s) cheese, Monterey Pepper Jack
- 3/4 cup(s) spinach, baby
- 1/4 cup(s) pepper(s), red, bell, chopped
- 1/4 cup(s) corn, whole kernel frozen, thawed
- 2 tablespoon onion(s), red, chopped
- 1 tablespoon cilantro, fresh, snipped

Preparation

Tex-Mex Spinach Omelet:

- 1) In a medium bowl, combine egg product or eggs, cilantro, salt, and cumin. Beat with a whisk or rotary beater until frothy.
- 2) Coat an unheated 10-inch nonstick skillet with flared sides with nonstick cooking spray. Preheat skillet over medium heat.
- 3) Pour egg mixture into prepared skillet. Cook, without stirring, for 2 to 3 minutes or until egg mixture begins to set. Run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath.
- 4) Continue cooking and lifting edges until egg mixture is set but is still glossy and moist. Sprinkle with cheese. Top with three-fourths of the spinach and half of the Corn-Pepper Relish. Using the spatula, lift and fold an edge of the omelet partially over filling. Top with remaining spinach and the remaining relish. Cut omelet in half; transfer omelet to warm plates.

Corn-Pepper Relish:

In a small bowl, combine 1/4 cup chopped red sweet pepper; 1/4 cup frozen whole kernel corn, thawed; 2 tablespoons chopped red onion; and 1 tablespoon snipped fresh cilantro.