



### **Broccoli and Feta Omelet**

Cooking spray  
¼ cup broccoli,  
2 large eggs, beaten  
2 tablespoons feta cheese, crumbled  
1/4 teaspoon dried dill

Coat a nonstick skillet with cooking spray. Cook broccoli on medium heat for 3 minutes.

Whisk eggs and dill together in a bowl and add to skillet. Cook 3-4 minutes. Flip omelet, add feta cheese and cook about 2 minutes more until cooked through. Makes 1 serving.

Nutrition information per serving: 223 calories, 17 grams protein, 16 grams fat, 3 grams carbohydrate, 459 mg sodium.