

Omelet with spinach and scallions



Ingredients

2 eggs

1 scallion

Handful of spinach

Salt and pepper

Instructions

Preheat the oven to 375F

Put the parchment paper in the glass bowl; eggs' mixture will not stick to the wall of the bowl and it is easy to remove it.

Beat whites until stiff

Add yolks and beat

Add chopped spinach and scallions, salt and pepper

Pour the mixture into small bowl

Baked at 370F for 20 minutes