

# Omelet: Spinach and Bacon

Makes: 1 omelet

## Ingredients:

4 eggs  
3 Tbsp half/half (or milk)  
Salt, pepper to taste  
1/2 cup spinach  
1/4 cup cherry tomatoes  
2 sliced bacon  
1/2 cup cheese

## Directions:

Preheat oven to broil 450°F.  
Slice tomatoes in half or quarter.  
Chop spinach.  
Cut bacon into small slices.  
Cook and leave grease in the deep pan.  
Place the cooked bacon on a paper towel.  
In a bowl beat eggs. Add half and half, salt and pepper to taste and beat again.  
In a large pan add the leftover bacon grease (Olive oil can be used instead).  
Once the grease is warm, pour in the egg mixture and let it cook on medium/high heat for about 1-2 minute or just until the bottom of eggs is done cooking.  
Remove from heat. Add the spinach, tomatoes, bacon and cheese. Close the omelet in half.  
Place omlete into the oven. Let cook for about 1-2 minutes or until eggs finish cooking.  
Add cheese, tomatoes and spinach to the top of the omelet.