

# Roasted Red Pepper Sheet Pan Omelet

*Recipe makes 6 meals*

## Ingredients

- **32 oz Liquid Egg Whites**
- **2 cups Fresh Spinach, chopped**
- **1.5 cups Shredded Monterey Jack Cheese**
- **1/2 cup Low Fat Cottage Cheese**
- **12 oz jar Roasted Red Peppers, drained**
- **1 tsp Garlic Powder**
- **1 tsp Onion Powder**
- **Non-Stick Cooking Spray**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 208**

**Fat - 8g**

**Carbohydrates - 4g**

**Protein - 25g**

**\*Fiber - 0g**

**Estimated Cost  
Per Meal**

**\$2.14**

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# Instructions

- 1. Start by adding 1/2 cup cottage cheese into a blender or food processor, along with your drained jar of roasted red peppers, 1 tsp garlic powder, 1 tsp onion powder, and a little salt and pepper. Blend until smooth and set aside.**
- 2. In a large mixing bowl, add 32 ounces liquid egg whites, your blended cottage cheese mixture, and 2 cups of chopped spinach. Mix together and set aside.**
- 3. Grab a sheet pan and spray the bottom and edges with non-stick cooking spray.**
- 4. Pour in your egg mixture, then place in the oven on 350°F for 30 minutes.**
- 5. After 30 minutes, remove from the oven, top with your shredded cheese, and then place back in the oven for 15-20 minutes, or until your eggs are cooked through.**
- 6. Once your eggs are cooked through, remove from the oven, taste, and add salt and pepper to preference.**
- 7. Cut into 6 squares and portion them out into your meal containers.**
- 8. Enjoy!**



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# Notes

- **As with all omelets, you can easily add extra veggies to this. But you may need to adjust cooking times.**
- **Cooking times will vary from oven to oven, so keep an eye on your eggs to make sure they don't overcook. An easy way to see if the eggs are cooked through is to gently shake the sheet pan. If you don't see them jiggle, they should be done.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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