



## Open-Faced Veggie Omelet

**Prep: 15 minutes**

**Cook/Bake: 20 minutes • Serves: 4**

- 4 slices smoked bacon, chopped
- $\frac{3}{4}$  cup diced butternut squash
- $\frac{1}{2}$  cup chopped onion
- 1 teaspoon chopped fresh thyme leaves plus additional sprigs for garnish (optional)
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground black pepper
- 4 cups loosely packed baby spinach
- 8 large eggs
- $\frac{1}{3}$  cup half and half
- $\frac{1}{4}$  cup crumbled feta cheese

**1.** Preheat oven to 425°. In large, oven-safe skillet, cook bacon over medium heat 8 minutes, stirring occasionally. Add squash, onion, thyme,  $\frac{1}{2}$  teaspoon salt and pepper; cook 6 to 8 minutes or until squash is tender, stirring occasionally. Add baby spinach; cover skillet and remove from heat.

**2.** In medium bowl, whisk eggs, half and half and remaining  $\frac{1}{4}$  teaspoon salt. Stir squash-baby spinach mixture; add egg mixture to skillet and sprinkle with cheese.

**3.** Bake omelet 5 to 6 minutes or until internal temperature reaches 165°. Garnish with thyme sprigs, if desired.

*Approximate nutritional values per serving:*

*282 Calories, 16g Fat (7g Saturated), 395mg Cholesterol, 866mg Sodium, 14g Carbohydrates, 2g Fiber, 19g Protein*