



Recipe Category / Snacks and Sandwiches

Baked egg white omelet

1 hour

Hands on

8

Portion(s)

1

Difficulty



Ingredients

- 4 tablespoon(s) olive oil
- 6 tablespoon(s) oats
- 200 g champignon mushrooms
- 1 red bell pepper
- 1 yellow bell pepper
- 200 g spinach
- 200 g turkey, smoked, slices
- 200 g kefalotyri cheese
- 200 g fresh cream cheese (Nivato)
- 12 egg whites
- 1 tablespoon(s) baking powder
- salt
- pepper
- chives, for serving

Διατροφικός πίνακας

Nutrition information per portion

282 Calories (kcal)	16.0 Total Fat (g)	7.4 Saturated Fat (g)	9.5 Total Carbs (g)
14%	23%	37%	4%
3.4 Sugars (g)	22.0 Protein (g)	2.5 Fibre (g)	1.6 Sodium (g)
4%	44%	10%	27%

Method

- Preheat oven to 200* C (390* F) Fan.
- Grease a 20x30 cm ovenproof baking dish with 2 tablespoons of olive oil.
- Spread it with a paper towel and remove excess oil.
- Add 3 tablespoons of oats and spread them so that they coat the bottom and sides of the baking dish evenly.
- Place a pan over medium heat and add the remaining olive oil.
- Thinly slice the mushrooms and add them to the pan.
- Sauté for 5-6 minutes, until golden.
- In the meantime, finely chop the bell peppers and add them to the pan.
- Sauté for 4-5 minutes, until they soften and then add the spinach.
- Stir with a wooden spoon until the spinach wilts.
- Cut the smoked turkey into 2 cm cubes and add them to the pan.
- Stir to combine and sauté for 2-4 minutes.
- Remove from heat and transfer mixture to a bowl.
- Add the cream cheese and mix.
- Spread the mixture evenly on the bottom of the ovenproof baking dish with a wooden spoon.
- In a bowl, add the egg whites, baking powder, the remaining oats, salt and pepper.
- Whisk until the baking powder dissolves and gently pour over the mixture in the baking dish.
- Gently shake the dish to spread the mixture evenly.
- Bake for 30 minutes.
- Serve with chives.