



## *Black Bean and Chicken Omelet*

***Low-carb, low-fat and high in protein! This recipe makes two bariatric portions, so make some for yourself and maybe your office breakfast buddy.***

### **Ingredients:**

- 1 egg
- 3 tbsp black beans
- ½ c Spinach
- 2 oz. (about ¼ c) pre-grilled chicken

### **Directions:**

- Spray skillet with nonstick spray.
- Cook spinach in pan first then set aside
- Add 1 egg to skillet, add salt and pepper to taste. Scramble and cook until lightly golden
- Add cooked spinach, chicken, and beans. Fold in half, making sure both sides are golden
- Split the omelet in half
- Garnish with salsa and enjoy!

*“Positivity is a superpower.”*

