



# Recipe

## Title Tuna and Cheese Omelette

### Ingredients

3 egg whites  
1 omega 3-rich  
egg yolk  
Large handful  
of spinach  
Half a tin of tuna  
1 slice of low fat  
cheese

### Nutrition

132 Calories

### Method

1. Heat the spinach down to half the size, pour over the beaten eggs and make into an omelette.
2. Just before it's finished cooking, add the low fat cheese and tuna to one side. Flip over the omelette and
3. Serve with a side serving of chopped peppers.