

Low-Point Spinach and Cheese Rollup

Ingredients:

- 2 cups egg substitute
- 4 eggs
- 1/2 tsp. salt
- 1/4 tsp. Tabasco sauce
- 1, 10 oz. package frozen chopped spinach, thawed and squeezed dry
- 1/4 cup chopped red onion
- 1 tsp. Italian seasoning
- 4 bacon strips, cooked and crumbled
- 3/4 cup Mexican style four-cheese blend shredded cheese
- 1 tomato, diced
- Pam cooking spray

Line a 15 inch by 10 inch baking dish with parchment paper and coat paper with Pam cooking spray. Set aside. In a large bowl, whisk egg substitute, eggs, salt and Tabasco sauce. Stir in spinach, onion, Italian seasoning, and crumbled bacon. Pour into prepared pan. Bake at 375 degrees for 15 to 17 minutes or until set. Turn omelet onto a work surface, peel off parchment paper. Sprinkle cheese and tomatoes evenly on omelet and roll up omelet starting with the long side. Slice into 5 equal parts.

Total servings - 5

Serving size - 1

Points per serving - 4.8

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)