

Eggs & Spinach Roll

Serves one person



4 oz chicken, cooked and sliced
2 eggs, lightly beaten
1/2 cup green onions
1/2 cup red bell peppers, chopped
1 cup baby spinach, finely sliced
1 tsp Dijon mustard
2 Tbsp apple cider vinegar
1 Tbsp olive oil
1/4 tsp grapeseed oil
sea salt & pepper to taste

To make the vinaigrette: in a sealable jar, mix together Dijon mustard, apple cider vinegar and olive oil; shake well (enough for 2 servings). In a bowl, mix together eggs, chicken, green onion and bell peppers. Now, in hot non-stick pan with grapeseed oil, pour in mixture; let cook (stir often at first, when it starts to stick to the bottom, let sit). When the egg reaches a light brown color, flip; let cook. Once cooked, set on a flat surface and place spinach in the middle of the omelette, pour vinaigrette on top and roll.

Ready to serve!