

## Omega-3 Omelet with Spring Greens and Beans

From [www.huffingtonpost.com](http://www.huffingtonpost.com)

### INGREDIENTS:

- ¼ cup dill
- ¼ cup fennel
- ¼ cup flat-leaf parsley
- ½ cup spring onions
- ½ cup fresh fava beans
- 6 omega-3 egg whites
- 6 omega-3 egg yolks
- 4 zucchini squash, grated
- Sea salt and freshly ground black pepper, to taste
- 1 tablespoon olive oil
- ½ cup vegan cottage cheese

### PREPARATION:

Preheat the broiler. Finely chop the dill, fennel, parsley and spring onions. Blanch the beans. Whisk the egg whites until soft peaks form and then fold in the egg yolks. Set aside some of the chopped herbs, then fold the rest into the egg mixture, along with the grated zucchini. Season to taste. Heat the olive oil in a pan over medium heat. Pour the mixture into the pan and cook briefly. Place the pan with the egg mixture under a hot broiler until the top turns slightly golden in color. Spoon over the cottage cheese, scatter with the remaining herbs and serve with the beans on the side.

### NOTES FROM THE COOK:

Breakfast