

1. SPINACH AND FETA SCRAMBLE



2 SERVINGS



PREP TIME:
10 MIN



COOK TIME:
5 MIN

INGREDIENTS

- 4 large eggs (or 2 eggs and 4 egg whites for lower cholesterol)
- 1 tablespoon olive oil (or cooking spray for less fat)
- 1 cup fresh spinach, chopped
- 1/4 cup low-fat feta cheese, crumbled
- 2 tablespoons low-fat milk (or unsweetened almond milk)
- 1/4 cup cherry tomatoes, halved (optional)
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder (optional)
- 1/4 teaspoon dried oregano (optional)
- Fresh parsley or dill for garnish (optional)

NUTRITIONAL INFORMATION (PER SERVING)

- Calories: 210 kcal
- Protein: 16 g
- Carbohydrates: 4 g
- Total Fat: 14 g
- Saturated Fat: 4 g
- Fiber: 1.5 g
- Cholesterol: 310 mg (200 mg if using egg whites for two eggs)
- Sodium: 320 mg.
- Potassium: 350 mg.

DIRECTIONS

1. Prepare the Eggs: In a medium bowl, whisk together the eggs with the low-fat milk, black pepper, and garlic powder. Whisk until light and frothy. This will make your scramble light and fluffy.
2. Sauté the Vegetables: Heat the olive oil over medium heat in a non-stick skillet. Add the chopped spinach and cherry tomatoes (if using). Sauté for 1-2 minutes until the spinach is wilted and the tomatoes are slightly softened.
3. Cook the Eggs: Lower the heat to medium-low. Pour the whisked egg mixture into the skillet with the sautéed spinach and tomatoes. Let the eggs cook undisturbed for about 30 seconds, then gently stir and scramble the mixture with a spatula. Cook until the eggs are just set but still soft and creamy (about 3-4 minutes).
4. Add the Feta: Once the eggs are almost done, sprinkle the crumbled feta cheese and dried oregano (if using) over the scramble. Stir gently to incorporate the cheese, allowing it to slightly melt into the eggs.
5. Finish and Serve: Once the eggs are fully cooked but not dry, remove the skillet from the heat. Garnish with fresh parsley or dill if desired. Serve immediately.

