



## Scrambled Eggs and Spinach

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| 1 tbsp extra<br>virgin <b>olive<br/>oil</b> | 4 <b>eggs</b> , beaten                         |
| 1 <b>shallot</b> ,<br>chopped               | ½ tsp dried<br><b>chives</b>                   |
| 2 cups <b>spinach</b> ,<br>chopped          | Pinch each<br><b>salt</b> and<br><b>pepper</b> |
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Heat oil in nonstick pan over medium heat. Add shallot and sauté 1 minute. Add spinach and sauté until wilted, about 7 minutes. Meanwhile, in small bowl, beat eggs together with chives, salt and pepper. Pour egg mixture into pan of spinach and stir until eggs are cooked through, about 4 minutes. Serve on 2 plates.

**Makes 2 servings. Each:**

247 calories ❖ 15g protein ❖ 17g total fat  
❖ 372mg chol ❖ 10g carb ❖ 2g sugar ❖  
3g fiber ❖ 251mg sodium