

green eggs and ham

Serves: 1

Prep and Cook time: 10 min

Per serving: 252 calories, 10 g fat, 1672 mg sodium

1 or 2 eggs

1 slice whole-grain bread

2 TBS of water/milk

1 thin slice honey-baked ham, cut into slivers

1 tsp chopped fresh chives (optional)

1 can spinach (juice squeezed/pressed out)

1. Heat an 8-inch nonstick skillet over low heat.
2. In a small bowl, whisk the egg and 2 TBS of water/milk until light and fluffy. Add in the pressed canned spinach and mix. Toast the bread while you cook the egg, as the egg cooks very quickly!
3. Pour the egg into the skillet and stir constantly for about 1 minute, or until it becomes slightly firm.
4. Stir in the ham and chives. Your egg is ready when there are no runny bits! Serve with the toast.

Vary It! If you have no chives, use parsley, a giant in terms of health benefits. You can also add tomato, cheese, or other vegetables into the egg mixture!

