

RECIPE

Spring Spinach & Egg Scramble

SERVES: 1

PACKED WITH IRON, FOLATE, and high-quality protein, this light but satisfying dish is an easy win for metabolic and overall health.

INGREDIENTS

- $\frac{1}{2}$ tsp extra-virgin olive oil
- $\frac{1}{2}$ cup halved grape tomatoes
- 2 cups fresh baby spinach
- 2 large eggs, lightly beaten
- $1\frac{1}{2}$ oz feta cheese, crumbled
- Salt and pepper to taste
- 1 cup blackberries



INSTRUCTIONS

- 1 HEAT** oil in a small nonstick skillet over medium.
- 2 COOK** tomatoes until slightly softened, about 1 minute. Gradually add spinach, stirring until it wilts.
- 3 ADD** eggs and cheese to pan. Cook until eggs are set, 1-2 minutes, stirring constantly to scramble. Season to taste with salt and pepper.
- 4 SERVE** scramble with blackberries on the side.

NUTRITIONAL INFO PER SERVING

CALORIES

365

PROTEIN

23g

FIBER

10g