

Spinach, Tomato and Cheese Scramble

2 SERVINGS 20 MINUTES



INGREDIENTS

5 Egg (whisked)
1 cup Cherry Tomatoes (halved)
4 ozs Cheddar Cheese (grated from block)
2 cups Baby Spinach
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	459	Iron	3mg
Fat	34g	Vitamin D	116IU
Carbs	7g	Folate	144µg
Fiber	2g	Magnesium	63mg
Protein	30g	Zinc	4mg
Vitamin C	19mg		

DIRECTIONS

- 01 Heat a large skillet over medium heat. Add olive oil.
- 02 In a mixing bowl, whisk together eggs, cherry tomatoes, cheese, spinach, sea salt and black pepper. Mix well.
- 03 Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls.
- 04 Enjoy it while it's hot!

NOTES

RECIPE ID 503