

Egg & Spinach Skillet

Prep time: 5 min
Cook time:
5 min
Serves 4-6



INGREDIENTS

- 4 large eggs
- 1 cup spinach, chopped or torn into small pieces
- 2 tablespoons green onions, chopped
- 1/2 teaspoon salt
- 1 tablespoon oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Crack the eggs into a bowl and use a fork to beat the mixture well until the yolks and whites are blended.
2. Add the spinach, green onions, and salt to the bowl. Mix well. The mixture will look very “spinach-y” and not very “egg-y”.
3. Put a skillet on the stove and turn the heat to medium. Add the oil to the skillet.
4. Add the egg mixture and let it cook for 1-2 minutes. Start carefully flipping portions of the eggs to cook them through.
5. When the eggs are no longer runny, turn off



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