



# Spinach and Feta Scrambled Eggs



1 serving



10 minutes

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## INGREDIENTS

- 3 eggs
- 1/2 cup fresh spinach, chopped (approximately 15 grams)
- 1/4 cup crumbled feta cheese (approximately 38 grams)
- 1 tablespoon olive oil (approximately 14 grams)
- Salt and pepper to taste

1. Wash the fresh spinach thoroughly under cold running water to remove any dirt or grit. Shake off excess water or pat it dry with a paper towel.
2. Chop the spinach into small, bite-sized pieces. Crack the eggs into a bowl. Season with a pinch of salt and pepper. Use a fork or whisk to beat the eggs until the yolks and whites are fully combined and slightly frothy.
3. Place a non-stick skillet or frying pan over medium heat. Add 1 tablespoon of olive oil to the pan. Allow the oil to heat up for about 1-2 minutes until it shimmers but doesn't smoke. Add the chopped spinach to the heated pan. Cook, stirring frequently with a spatula or wooden spoon, until the spinach is wilted and tender, about 2-3 minutes. The spinach should reduce in volume significantly and turn a vibrant green color.
4. Reduce the heat to medium-low to prevent the eggs from cooking too quickly. Pour the beaten eggs into the pan with the spinach. Let the eggs sit without stirring for about 20 seconds to allow the edges to set slightly. Using a spatula, gently stir the eggs, pushing them from the edges toward the center. Continue to cook the eggs, stirring frequently, until they are softly scrambled. This should take about 2-3 minutes. The eggs should be mostly cooked but still slightly runny.
5. Sprinkle the crumbled feta cheese evenly over the scrambled eggs. Stir gently to combine the feta with the eggs and spinach. Continue to cook for another 1-2 minutes until the eggs are fully cooked and the feta is warmed through.
6. Remove the pan from the heat. Taste the scrambled eggs and adjust the seasoning with additional salt and pepper if necessary.
7. Transfer the scrambled eggs to a plate. Serve immediately with whole-grain toast or your favorite breakfast sides.