

## Creamy Scrambled Eggs

- 4 large eggs
- Pinch of fine sea salt
- Freshly ground black pepper
- 2 teaspoons unsalted butter
- 4 cups baby spinach, roughly chopped
- ½ cup chopped green onion, mostly green parts
- 1/4 cup sun-dried tomatoes, rinsed and roughly chopped, unsweetened
- Optional, for serving: flaky sea salt for sprinkling on top



1. Crack the eggs into a large bowl. Add salt and about 10 twists of black pepper. Whisk until the mixture is thoroughly combined and pure yellow. Be sure to have your remaining ingredients prepped and ready, because this recipe comes together quickly once you start cooking.

2. Warm a medium skillet over medium heat. Add the butter and let it melt. Add the spinach and cook, stirring with a silicone or rubber spatula, until the spinach is wilted and bright green, about 1 to 2 minutes.

3. Pour the eggs into the skillet and reduce the heat to medium-low. Use your spatula to gently stir and push the eggs around the skillet until the eggs are clumpy but still slightly wet, about 3 to 5 minutes.

4. Remove the skillet from the heat. Add the green onion and sun-dried tomatoes, and gently stir to combine. Divide the mixture into bowls. Sprinkle lightly with optional flaky sea salt.

Makes 2 servings.

Serving Size = 2 eggs, 1 cup cooked spinach

Enjoy with 1 cup of on plan fruit to complete the meal.

