Savory Spinach Scrambled Eggs

Fluffy scrambled eggs with fresh spinach and a touch of seasoning, perfect for a nutritious low-carb breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 large eggs
- 1 cup fresh spinach, chopped
- 1/8 teaspoon salt
- 1 tablespoon olive oil or butter
- Freshly ground black pepper, to taste

Instructions

1. Crack the eggs into a bowl and whisk until fully blended.
2. Add chopped spinach and salt to the eggs and mix gently.
3. Heat olive oil or butter in a non-stick skillet over medium heat.
4. Pour the egg mixture into the skillet and let it sit for about 20 seconds.
5. Gently stir the eggs with a spatula, pushing them from the edges to the center.
6. Cook until eggs are softly set but still slightly runny, about 2-3 minutes.
7. Remove from heat to avoid overcooking and season with black pepper before serving.

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