Savory Spinach Scrambled Eggs

Fluffy scrambled eggs combined with fresh spinach sautéed in olive oil for a nutritious, low-carb breakfast.

Servings: 2 **Time:** 10 minutes

Ingredients

- 4 large eggs
- 2 cups fresh spinach, chopped
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- Optional: 1 tablespoon grated Parmesan cheese

Instructions

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add chopped spinach and sauté for 1-2 minutes until wilted.
3. In a bowl, whisk together eggs, salt, and pepper.
4. Pour eggs into the skillet with spinach. Let set for 20 seconds.
5. Gently stir the eggs with a spatula, cooking until softly scrambled, about 2-3 minutes.
6. Remove from heat and optionally sprinkle with Parmesan cheese before serving.

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