



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Scrambled Eggs with Spinach



2 large eggs
Dash of salt
Pepper to taste
1 teaspoon olive oil

3 cups baby spinach
1 Tablespoon parmesan cheese, grated
Red pepper flakes to taste

Instructions: Whisk eggs in a small bowl; season with salt and pepper and set aside. Heat olive oil in a medium skillet over medium heat. Add spinach and cook until wilted, about 2 minutes. Add in eggs. Cook, stirring occasionally, about 1 minute or until just set. Stir in grated parmesan and sprinkle with crushed red pepper flakes.

Yield: 1 serving

Nutrition Facts (per serving): 250 calories, 18 grams fat, 496 milligrams sodium, 5 grams carbohydrate, 2 grams fiber, 20 grams protein