

Farm Market

Spinach & Egg Scramble with Raspberries



Ingredients:

- 1 teaspoon canola oil
- 1 ½ cups baby spinach (1 ½ ounces)
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- 1 slice whole-grain bread, toasted
- ½ cup fresh raspberries

Directions:

Heat oil in a small nonstick skillet over medium-high heat. Add spinach and cook until wilted, stirring often, 1 to 2 minutes. Transfer the spinach to a plate. Wipe the pan clean, place over medium heat and add eggs. Cook, stirring once or twice to ensure even cooking, until just set, 1 to 2 minutes. Stir in the spinach, salt and pepper. Serve the scramble with toast and raspberries.

Servings: 1

Per serving: 296 calories; protein 17.8g; carbohydrates 20.9g; dietary fiber 7g; sugars 4.8g; fat 15.7g; saturated fat 3.7g; cholesterol 372mg; vitamin a iu 3312.6IU; vitamin c 28.1mg; folate 79.4mcg; calcium 138.8mg; iron 4.2mg; magnesium 76.1mg; potassium 292.6mg; sodium 394.2mg; thiamin 0.1mg.
Exchanges: 2 medium-fat protein, 1 fat, ½ fruit, ½ starch, ½ vegetable

Recipe from eatingwell.com