

Green Eggs

Adding greens to eggs is a great way to eat more vegetables. This delicious recipe is also great on top of a whole wheat bagel or toast!

Makes: 1 Serving

Source: SNAP4CT.com recipe/Green Eggs

Ingredients

- 2 eggs
- ¼ cup kale or spinach, chopped
- 1 green onion (green portion only), chopped
- ¼ tsp black pepper
- Optional: Pinch of Salt

Directions

1. Crack the eggs into a small bowl and scramble with a fork.
2. Pour eggs, green onions, and kale or spinach into a non-stick skillet over medium heat. Stir constantly.
3. Cook until the eggs are firm.
4. Top with salt and pepper.

Utensils Needed

- Mixing bowl
- Measuring Cup and Spoon
- Fork
- Skillet
- Spatula



Small Changes,
BIG Difference!



Nutrition Information*

Serving Size: whole recipe

Nutrients	Amount
Calories:	190
Total Fat:	14 g
Saturated Fat:	4 g
Sodium:	180 mg
Total Carbohydrates:	3 g
Dietary Fiber:	1 g
Protein	13 g

*Nutrition information does not include salt

My Cooking Notes

