

Mediterranean Scramble

Ingredients

Coconut Oil Cooking Spray

2-3 Eggs

1 oz. Fat Free Feta Cheese

2 Cups Spinach, chopped

2 Small Olives, chopped

1 Tbsp Sun-dried Tomatoes, Chopped

Salt & Pepper, to taste



- Combine eggs w/ 2 tbsp water in a bowl & beat. Pour into pan coated w/ nonstick cooking spray over medium/low heat.
- Season eggs w/ salt & pepper.
- As eggs cook through begin to scramble and add chopped spinach, folding together until wilted.
- Turn off heat and transfer to plate. Sprinkle with chopped olives, sun-dried tomatoes, feta cheese & drizzle w/ olive oil.

Serves 1