

Herbed Egg and Spinach Skillet

A delightful and nutritious main dish featuring fluffy scrambled eggs combined with fresh spinach and aromatic herbs.

Perfect for a quick breakfast or light dinner, this dish is both satisfying and easy to prepare.



Main Dish

10 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 2 large eggs
- 1 cup fresh spinach, chopped
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano
- 1/2 tsp fresh parsley, chopped (optional)
- 1 slice whole grain bread (optional, for serving)

Steps

- 1 In a small bowl, whisk the eggs with salt, black pepper, and dried oregano until well combined.
- 2 Heat olive oil in a non-stick skillet over medium heat.
- 3 Add the chopped spinach and sauté for 1-2 minutes until wilted.
- 4 Pour the whisked eggs into the skillet with the spinach, stirring gently.
- 5 Cook for 2-3 minutes, stirring occasionally, until the eggs are fluffy and cooked to your liking.
- 6 Serve warm, garnished with fresh parsley and alongside toasted whole grain bread if desired.