

Savory Egg and Spinach Breakfast Bowl

Start your day right with a delicious and nutritious breakfast bowl featuring fluffy scrambled eggs, fresh spinach, and a sprinkle of cheese. This quick and easy meal is perfect for a busy morning.


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 2 large eggs
- 1 cup fresh spinach
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 tablespoon grated cheese (optional)
- 1 slice whole-grain bread (optional)

Steps

- 1 Heat olive oil in a non-stick skillet over medium heat.
- 2 Add the fresh spinach and sauté for 1-2 minutes until wilted.
- 3 In a bowl, whisk the eggs with salt and pepper.
- 4 Pour the eggs into the skillet with spinach, stirring gently until the eggs are scrambled and cooked through.
- 5 If desired, sprinkle grated cheese on top and let it melt slightly.
- 6 Serve immediately with a slice of toasted whole-grain bread.