

# HAM, EGG, AND SPINACH ROLL-UPS



## INGREDIENTS

### ITEM

Olive Oil  
Spinach, Raw  
Tomato  
Salt And Pepper  
Eggs  
Sliced nitrate and additive free ham Regular

### QUANTITY

3 Tsp.  
2  
2  
To Taste  
3  
6



## PREPARATION

- 👉 Preheat the oven to 375°F.
- 👉 Chop the spinach and tomato into cubes.
- 👉 In a mixing bowl, whisk together the eggs, chopped spinach, and tomatoes. Season with salt and pepper.
- 👉 Heat the olive oil in a skillet over medium heat. Add the egg mixture and stirring occasionally, until the eggs are scrambled and fully cooked. Remove from heat.
- 👉 Lay the slices of ham and nitrate out on a flat surface. Spoon the scrambled eggs onto each slice of ham.
- 👉 Roll up each slice of ham and place seam side down on a baking sheet.
- 👉 Bake for 10-12 minutes, until the ham is slightly crispy.
- 👉 Serve hot and enjoy!