

CHICKEN AND EGG SPINACH ROLLS



SERVING SIZE

1



INGREDIENTS

ITEM

Chicken, Cooked And Sliced
Eggs, Lightly Beaten
Green Onions, Chopped
Red Bell Peppers, Chopped
Baby Spinach, Finely Sliced
Olive Oil

QUANTITY

4 Oz.
2
½ Cup
½ Cup
1 Cup
2 Tsp.

ITEM

Dijon Mustard
Apple Cider Vinegar
Olive Oil
Sea Salt
Pepper

QUANTITY

1 Tsp.
2 Tbsp.
1 Tbsp.
¼ Tsp.
To Taste



PREPARATION

- Heat 1 tsp. olive oil in a non-stick skillet over medium heat.
- Add green onions and red bell peppers, sauté for 2-3 minutes until slightly softened.
- Add spinach and cook for another minute until wilted. Remove the mixture from the pan and set aside.
- In a bowl, beat the eggs lightly.
- Heat the remaining 1 tsp. olive oil in the same skillet and pour in the eggs, swirling to form a thin omelet.
- Once the omelet is set, layer the sautéed vegetables and sliced chicken evenly on top.
- Gently roll the omelet and transfer to a plate. Slice into bite-sized rolls.
- In a small bowl, whisk together Dijon mustard, apple cider vinegar, olive oil, salt, and pepper to make the vinaigrette.
- Drizzle the vinaigrette over the rolls before serving.