



SWEET POTATO AND SPINACH EGG SCRAMBLE

INGREDIENTS

ITEM	QUANTITY
Eggs	2
Egg Whites	2
Diced Sweet Potato	½ Cup
Spinach	1 Cup
Olive Oil	1 Tsp.
Salt and Pepper	To Taste
Cheese (Optional)	1 Tbsp.

SERVING SIZE 1

PREPARATION

- Heat olive oil in a skillet over medium heat.
- Cook sweet potato until tender, about 8-10 minutes.
- Add spinach and cook until wilted.
- Whisk eggs and egg whites together and pour into the skillet.
- Stir gently until eggs are cooked through.
- Season with salt and pepper and top with cheese, if desired.