



SWEET POTATO AND SPINACH EGG SCRAMBLE

INGREDIENTS

ITEM

Eggs
Egg Whites
Diced Sweet Potato
Spinach
Olive Oil
Salt and Pepper
Cheese (Optional)

QUANTITY

2
2
½ Cup
1 Cup
1 Tsp.
To Taste
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.