

Spinach and Eggs

Ingredients:

- 1 to 2 cans of spinach
- 2 to 4 hard boiled eggs
- Sweet pickles
- Shredded parmesan cheese (to taste)

Directions:

1. Cook can of spinach in 2 tbsp butter.
2. Boil 2 eggs per can of spinach.
3. Place spinach on plate, top with sliced hard boiled eggs and sweet pickles.

Recipe Source: This is a favorite passed down from my father.

Shared by: Cim C. Collins

Registered Dietician Notes:

Calories: 104
Protein: 10 g
Carbohydrates: 10 g
Fat: 6 g
Sat fat: 1.7 g

