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Spinach Scramble

Ingredients:

Whole omega eggs, 3
Egg whites, 1 cup
Spinach, 1 cup
Salt and pepper to taste
Red pepper flakes, 1/2 tsp
Olive oil (or nonstick cooking spray), 1/2 tsp
Minced garlic (optional)

Directions:

1. Preheat a nonstick skillet over medium heat. Combine the whole eggs, egg whites, and salt, and pepper in a bowl. Lightly beat to mix.
2. Add oil or cooking spray to your skillet, and add spinach to sauté. Minced garlic is optional. (Give it a shot—you might be surprised by how much you like it!)
3. Once the spinach begins to wilt, pour in egg mixture. Let mixture sit for about 30-40 seconds.
4. Slowly turn the eggs, resting 10-15 seconds between each turn. Repeat this process until eggs are set. Don't burn them! Remove from heat, add a sprinkle of red pepper, and enjoy.