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Eggs on Spinach

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Servers 1-2

Ingredients:

- 1 cup of spinach
- 1/4 Onion finely chopped
- 2 large eggs
- one slice of whole grain toast

Directions:

Saute spinach and onion in a non stick pan with 2 table spoons of water until tender. Crack 2 eggs on top of spinach and allow to cook sunny side up (or scramble if you like). Serve on toast.

Special Notes:

Eggs are a great source of protein and spinach is a great way to get your greens in the morning. If you have a sensitivity to eggs or sulfur containing foods then this recipe is not for you.