



Greek Eggs

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

165 calories, 2.26 g carbohydrate, 0.54 g fiber, 1.72 g NET carbs, 15.51 g protein, 10.6 g fat

Ingredients

- 6 large(s) pastured eggs
- 4 large(s) organic egg whites
- 2 ounce(s) organic feta cheese
- 2 tsp(s) organic dried oregano
- 2 cup(s) organic baby spinach

Preparation

1. Add eggs and egg whites to a medium bowl. Beat to combine.
2. Add oil to a safe, nonstick skillet. Heat until shimmering.
3. Add the spinach, stirring to wilt.
4. Pour in the eggs and cook, stirring, until opaque (about 2 minutes).
5. Add the feta cheese and transfer to serving dishes.
6. Sprinkle with oregano. Serve.

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