

Spinach and Feta Baked Eggs



Course: Breakfast
Categories: Egg, Vegetable
Source: www.livingupwell.com
Serving size: 2 servings
Preparation time: 5 mins
Cooking time: 10 mins

Ingredients

3 cup green onions
juice of 1 lemon
1 tsp Jill's AP seasoning
2 tbsp. feta cheese (or 1 tbsp. nutritional yeast)
6 cups baby spinach, washed
4 medium eggs
1 tsp avocado oil

Directions

1. Thinly slice the green onions.
2. Heat to medium a wok or skillet with a rim, add 1 tsp avocado (or olive oil).
3. Add green onions and 1 tsp Jill's AP seasoning. Stir and cook for 1 minute.
4. Add spinach and feta to the pan, cook, stirring, for 1 minute or until wilted. Season with sea salt and black pepper to taste.
5. Make 4 indents in the spinach mixture with your spatula. Crack the eggs into the indents, season with salt and pepper. Cover pan with a lid; cook for 5 minutes or until egg whites are set and yolks are runny.

Serve with roasted diced sweet potatoes or 1 slice whole wheat toast or whole wheat English muffin.