



Sweet and Savory Garden Breakfast – Eggs & Spinach

Filling & Delicious!



Ingredients:

2-3 Eggs

1 cup fresh or frozen spinach

4-5 Strawberries – sliced apples work as well

1-2 slices of swiss cheese – or another favorite

Minced garlic

Balsamic Reduction Glaze – or balsamic vinegar

My favorite brand off the shelf is (Taste of Inspirations balsamic glaze)

Let's go:

1. Pan fry eggs in well-oiled pan on medium heat with $\frac{1}{4}$ cup of water, cover – cook to your preference.
2. In a separate pan sauté spinach with minced garlic and a little butter – Turn the spinach frequently – cooking time should be around one minute.
3. Layer your plate,
Spinach
Eggs
Swiss
Berries
Final Step: Enjoy!