

## Sauteed Spinach Eggs

*From JoyoftheKitchen.com*

1 tablespoon olive oil  
1/2 teaspoon butter or earth balance (if desired)  
1 crushed garlic clove  
3 handfuls of spinach (about 1/2 a small bag or bunch)  
splash of lemon juice  
salt & pepper to taste

4 eggs (or 8 egg whites), beaten with splash of milk

Heat olive oil in pan with butter over medium heat, until butter melts. Saute garlic (swirling around pan in olive oil) until fragrant, about one minute. Remove garlic clove (if desired) and add all of spinach. Saute spinach quickly, until slightly wilted (about 30 seconds). Add lemon juice and reduce heat to medium low. Add beaten eggs and milk and cook, stirring eggs slowly until almost set. (Eggs should be soft and not dry.)



Remove from pan and serve immediately with salt & pepper to taste.

Serves 2-3 people.