



## Spinach Scramble – by Paula Hendricks, Nutrition Consultant



Growing up in the Bay Area, my family and I would frequent a restaurant, Original Joe's, every month. Whether it was for breakfast, lunch, or dinner, we often ordered one of our favorite dishes called "Joe's Special," which typically consisted of ground meat, spinach, onion and eggs. We hope you enjoy my version of the "Special" that I call Spinach Scramble. Have a large family? Make a double batch and have a ready-made protein meal for the week; just heat and eat. Each serving contains approximately 30 grams of protein. Enjoy this meal on any of the Key Diet plans.

### Ingredients:

- One pound lean ground beef (or other lean meat of choice: turkey, chicken, meatballs, etc.)
- One 12-ounce package fresh spinach
- 6 whole eggs + 6 egg whites, preferably omega-3 rich eggs
- One cup red or yellow onion, diced
- 2 garlic cloves, minced
- Salt and pepper, 1 tsp. each
- 1 tsp. Italian seasoning (or other seasoning of choice: Mexican, Asian, etc.)
- Light sour cream (or parmesan cheese) for topping, 6 T.

### Instructions:

1. Place spinach in a microwave safe dish, cover with plastic wrap, and cook for about 2-3 minutes on high. Let spinach cool for a few minutes before you remove from the dish and drain well. On a cutting board, chop it, drain again if necessary, and set aside.
2. Crack the 6 whole eggs into a bowl and then crack the remaining eggs but only use the whites. Whip eggs until blended and set aside. If you are not worried about a little extra fat, use all 12 egg yolks.
3. Place chopped onion in large non-stick skillet with about a tablespoon of olive oil and cook at medium-high until the onions look slightly translucent, about three minutes. Add the minced garlic and sauté for one more minute.
4. Add the ground beef, seasoning, and salt and pepper. Cook the meat completely but it should still look plump, not dried-out. Drain any excess juice and fat from the meat out of the pan and return to heat. Reduce heat to medium.
5. Add the spinach and mix into the meat. Then add the egg mixture and stir until everything is mixed thoroughly.
6. While the egg is cooking, stir occasionally until the egg sets. Don't overcook - you don't want the eggs or the meat to become hard.
7. With a measuring cup, dish out one cup-full for each serving and place on a plate. You have the option to either sprinkle one tablespoon of cheese or add one tablespoon of sour cream atop each serving.

**Variations:** Try substituting the spinach with chard. Add sliced cooked and drained mushrooms. My family loves this dish with some salsa or sliced tomatoes.

**Nutritional Value:** Each one-cup serving contains approximately 240 calories, 30 grams of protein, 8 grams of fat and 8 grams of carbohydrates.