

# Re-Imagine Fun In Your Kitchen

Creativity in your own kitchen will be essential for your journey to live healthier. Discover innovative ways to make your favorite foods nutritious and flavorful by adding whole grains, fresh fruit and vegetables, natural herbs and seasonings, and low-fat dairy products. To jumpstart your creativity, try the scrumptious egg, spinach and tomato dish. It can be served with a slice of whole grain toast and a medley of your favorite fruit.

## *Scrambled Eggs with Spinach and Tomatoes*

### *Ingredients*

- 1 Tablespoon extra-virgin olive oil (EVOO)
- 2 Cups spinach leaves, coarsely chopped
- 1 Large egg
- 1/4 Teaspoon cilantro
- 1/4 Teaspoon dried oregano
- 1 Roma tomato, diced

### *Directions*

- In a large nonstick skillet add EVOO. Add the spinach and cook until just wilted, 1 minute. Place the cooked spinach on a plate off to the side.
- Beat the egg; season with cilantro and oregano (or your favorite seasonings). Spray the same skillet with nonstick spray and heat it over medium-high heat. Pour in egg mixture, stirring to scramble, until almost done.
- Add the cooked spinach to egg mixture, and diced roma tomato. Cook mixture until desired doneness of egg.

**For more creative strategies for living healthier visit [www.imaginelivinghealthier.com](http://www.imaginelivinghealthier.com).**

This recipe is provided for your nutritional consideration only. It is not intended to replace the medical advice of your doctor or health care provider. Please consult your doctor or health care provider for advice about your dietary needs.