

Rise and Shine

This simple and delicious dish is packed with healthy nutrients and makes the best breakfast or brunch.



Ingredients:

1	Egg
½ cup	Fresh spinach
¼ cup	Diced tomatoes
¼ cup	Feta cheese
Pinch	Dry oregano
Pinch	Dry dill
Dash	Fresh ground black pepper
Splash	Milk

Directions:

1. Mix all the ingredients together.
2. Place in a pan that was sprayed with olive oil.
3. Cook on the stove-low fire till done.
4. Serve on a toasted English muffin or a warm corn tortilla