

GREEN EGGS & HAM

2 Servings

2 Eggs

$\frac{1}{2}$ cup fresh spinach, chopped or snipped (about 1 oz)

$\frac{1}{4}$ cup cottage cheese

2 tablespoons chopped, lean cooked ham (about 1 oz)

Cooking spray

Break the eggs into a bowl. Add the spinach, cheese and ham. Beat with a fork until the ingredients are well blended, and you can't see any streaks of egg white any more. Put the bowl aside.

Coat an omelet pan with spray. Put the pan on a burner, and heat it over medium heat for a little bit. Sprinkle a few drops of water into the pan. The pan is hot enough when the water sizzles and dances in the pan.

Pour the beaten eggs into the pan. The eggs will start to set. Hold the pancake turner upside down and gently pull it across the bottom and sides of the pan. Keep pulling the pancake turner through the eggs until they're thick and you can't see any more liquid eggs in the pan. Don't stir all the time, or the eggs will break into tiny pieces.

Remove the pan from the burner. When the eggs are thick and there is no more liquid egg in the pan, lift the eggs out of the pan with the pancake turner and put them on a plate.