



Recipes for Success



Scrambled Spinach Sandwich

This recipe is great for breakfast, lunch or dinner!

Makes: 2 sandwiches

Ingredients:

Eggs	4
Spinach	4 cups
100% whole grain bread	4 slices
Vegetable Oil	1 tsp (5 mL)
Pepper	to taste

Directions:

1. Wash spinach in cold water and dry using a salad spinner or clean towel.
2. Crack eggs into a small bowl. Add pepper and whisk mixture.
3. Add oil to medium skillet and put over medium heat.
4. Add spinach and cook until wilted, stirring frequently.
5. Pour egg mixture over the spinach. Once the eggs start to cook, begin stirring the mixture with a wooden or plastic spatula. When eggs and spinach are fully cooked remove skillet from heat.
6. Spoon egg mixture onto two slices of whole grain bread. Cover eggs with remaining slices of bread to complete your sandwich!
7. Serve and Enjoy!



Variety is the spice of life! Try these modifications:

- Toast your bread
- Add your favorite herbs and spices like oregano, basil, red chili flakes, curry powder, etc
- Add your favorite condiment like hot sauce, ketchup, margarine, etc.
- Sprinkle with a small amount of your favorite cheese
- Add more vegetables!

Suggested Tasks for Children:

- Find ingredients in refrigerator or pantry
- Put away ingredients once used
- Wash and dry spinach
- Carefully crack eggs into a bowl and whisk
- Measure ingredients
- With adult supervision, carefully add ingredients to hot skillet and stir.
- Carefully assemble sandwiches

