

# VITALITY

## Breakfasts

### *Scrambled Eggs with Diced Ham and Spinach*



#### **Ingredients:**

- 4 eggs
- 1/2 cup spinach
- 1/4 cup cubed fully cooked ham
- 1/4 cup sweet onion, chopped
- Dash salt
- Dash pepper
- 4 teaspoons olive oil
- 4 ounces cream cheese, cubed

#### **Directions**

1. In a large bowl, whisk eggs; stir in the ham, onion, salt and pepper. In a large skillet, spray over olive oil in medium heat. Add egg mixture; cook and stir until almost set. Stir in spinach. Cook and stir until completely set. Yield: 2 servings.