



BREAKFAST SKILLET

INGREDIENTS

6-8 EGGS OR EGG WHITES - YOUR PREFERENCE!
1 LB. POTATOES - ANY KIND WILL WORK!
10 OUNCES (ONE BAG) SPINACH - FRESH OR FROZEN
1 CAN OF BLACK BEANS, RINSED AND DRAINED

METHOD

TOSS POTATOES WITH COOKING OIL, SALT AND PEPPER, AND YOUR FAVORITE SEASONINGS.

ROAST AT 375 DEGREES FOR 20-25 MINUTES OR UNTIL TENDER.

SAUTE SPINACH IN COOKING OIL WITH GARLIC OR GARLIC POWDER TO TASTE.

HEAT BEANS IN A POT AND SCRAMBLE EGGS.

ADD ALL INGREDIENTS TO A BOWL AND ENJOY! TOP WITH OPTIONAL INGREDIENTS IF YOU HAVE THEM ON HAND!