

BIO WELLNESS CENTER



COOK BOOK



Breakfast

Spinach & Ricotta Scramble



Servings: 1 **Prep Time:** 5 minutes **Cook Time:** 5 minutes

Ingredients

- 2 large eggs
- 1 cup fresh spinach
- ¼ cup ricotta cheese
- Salt and black pepper, to taste
- 2 tablespoons water (for sautéing spinach)

Directions

1. In a small bowl, whisk together the eggs, ricotta cheese, salt, and black pepper until well combined.
2. Heat a non-stick skillet over medium heat.
3. Add the spinach and 2 tablespoons of water. Sauté for **1–2 minutes** until the spinach is wilted.
4. Pour the egg and ricotta mixture into the skillet with the spinach.
5. Gently stir and scramble the eggs until cooked to your desired consistency, about **2–3 minutes**.
6. Serve warm with additional fresh herbs if desired.

Nutrition (Per Serving)

- **Calories:** 260
- **Protein:** 21 g
- **Carbohydrates:** 5 g
- **Fiber:** 1 g
- **Net Carbohydrates:** 4 g
- **Total Fat:** 16 g
- **Saturated Fat:** 7 g
- **Cholesterol:** 390 mg
- **Sodium:** 300 mg (*varies depending on salt and ricotta brand*)

Serving Suggestions

- Serve with sliced avocado or a side of roasted vegetables.
- Pair with sautéed mushrooms, asparagus, or zucchini for a higher-fiber breakfast.
- Add fresh basil, parsley, or chives for extra flavor.
- For a Mediterranean variation, add chopped olives or a sprinkle of oregano.

Broccoli & Gruyère Egg Bake



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 15–20 minutes

Ingredients

- 4 large eggs
- 1 cup broccoli, finely chopped
- ¼ cup Gruyère cheese, shredded
- Salt and black pepper, to taste
- Fresh herbs (optional: parsley, chives, or thyme)

Directions

1. Preheat oven to 375°F (190°C).
2. Steam the broccoli until tender, about 3–5 minutes. Drain any excess water.
3. In a mixing bowl, whisk the eggs with salt and pepper.
4. Stir in the steamed broccoli and shredded Gruyère cheese.
5. Pour the mixture into a lightly greased baking dish.
6. Bake for 15–20 minutes, or until the eggs are set and the top is lightly golden.
7. Allow to cool for a few minutes before slicing and serving.

Nutrition (Per Serving)

- **Calories:** 340
- **Protein:** 28 g
- **Carbohydrates:** 8 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 6 g
- **Total Fat:** 22 g
- **Saturated Fat:** 9 g
- **Cholesterol:** 430 mg
- **Sodium:** 390 mg (*varies depending on cheese and added salt*)

Serving Suggestions

- Serve with sautéed spinach, mushrooms, or asparagus.
- Add fresh herbs such as thyme, parsley, or chives for extra flavor.
- Pair with avocado slices or a side salad for a balanced meal.
- For a Mediterranean variation, add olives or artichoke hearts.

Kale & Goat Cheese Omelet



Servings: 1 **Prep Time:** 10 minutes **Cook Time:** 10 minutes

Ingredients

- 1 tablespoon butter
- 2 tablespoons scallion whites, minced
- 1 handful kale, chopped (ribs removed)
- Salt and black pepper, to taste
- 3 large eggs, beaten
- 3 tablespoons goat cheese, crumbled
- 1 tablespoon scallion greens, chopped
- 1 tablespoon hot sauce (optional)

Directions

1. Heat butter in a skillet over **medium heat**.
2. Add the minced scallion whites and chopped kale. Season with salt and pepper.
3. Sauté for about **5 minutes**, stirring occasionally, until the kale softens.
4. Pour the beaten eggs into the skillet and gently move them around until the eggs are almost set.
5. Sprinkle the goat cheese over one side of the omelet.
6. Fold the omelet in half and cook for another **1–2 minutes** until the cheese is warmed and slightly melted.
7. Transfer to a plate and garnish with scallion greens and hot sauce if desired.

Nutrition (Per Serving)

- **Calories:** 195
- **Protein:** 14 g
- **Carbohydrates:** 4 g
- **Fiber:** 1 g
- **Net Carbohydrates:** 3 g
- **Total Fat:** 15 g
- **Saturated Fat:** 8 g
- **Cholesterol:** 420 mg
- **Sodium:** 330 mg (*varies depending on salt and hot sauce used*)

Serving Suggestions

- Serve with sliced avocado or roasted vegetables for additional nutrients.
- Pair with sautéed mushrooms, asparagus, or Brussels sprouts.
- Garnish with fresh herbs such as parsley, dill, or basil.
- Add chopped olives or artichoke hearts for a Mediterranean-style variation.

Swiss Cheese & Bok Choy Frittata



Servings: 6 **Prep Time:** 10 minutes **Cook Time:** 15–20 minutes

Ingredients

- 8 large eggs
- 4 cups baby bok choy, ends trimmed and leaves/stems chopped
- 1 shallot or small yellow onion, thinly sliced
- 1 tablespoon butter
- 1 cup Swiss cheese, shredded
- Salt and black pepper, to taste

Optional Toppings

- Sliced green onions
- Red pepper flakes
- Garlic powder
- Fresh herbs (parsley, chives, or dill)

Directions

1. Preheat oven to 375°F (190°C).
2. In a bowl, whisk together the eggs, salt, and black pepper until well combined.
3. Heat butter in a 10-inch oven-safe skillet over medium heat.
4. Add the sliced shallot or onion and sauté for 2 minutes until softened.
5. Add the chopped bok choy and cook for 2–3 minutes, stirring occasionally, until the greens begin to wilt while keeping some texture.
6. Reduce heat to low and pour the egg mixture evenly over the bok choy.
7. Sprinkle the shredded Swiss cheese evenly over the top.
8. Allow the frittata to cook on the stovetop for 2–3 minutes until the edges begin to set.
9. Transfer the skillet to the oven and bake for 8–12 minutes, until the center is fully set and no longer runny.
10. Remove from the oven and let rest for 5 minutes before slicing.
11. Garnish with green onions, herbs, or red pepper flakes if desired.

Nutrition (Per Serving)

(Based on 6 servings)

- **Calories:** 250
- **Protein:** 17 g
- **Carbohydrates:** 5 g
- **Fiber:** 1 g
- **Net Carbohydrates:** 4 g
- **Total Fat:** 19 g
- **Saturated Fat:** 9 g
- **Cholesterol:** 290 mg
- **Sodium:** 350 mg (*varies depending on cheese and added salt*)

Serving Suggestions

- Serve with avocado slices or a side of sautéed spinach.
- Pair with roasted Brussels sprouts, asparagus, or mushrooms.
- Add fresh dill or parsley for a Mediterranean flavor.
- Enjoy warm or refrigerate slices for an easy high-protein breakfast.

Watercress & Blue Cheese Scrambled Eggs



Servings: 2 **Prep Time:** 5 minutes **Cook Time:** 5–7 minutes

Ingredients

- 4 large eggs
- 2 tablespoons butter
- 1 cup fresh watercress, washed, thick stems removed, and roughly chopped
- 1½–2 ounces blue cheese, crumbled
- Salt and black pepper, to taste

Directions

1. Crack the eggs into a bowl and whisk until well blended. Season lightly with salt and pepper.
2. Heat butter in a non-stick skillet over **medium-low heat**.
3. Pour the eggs into the skillet and allow them to sit undisturbed for **10–15 seconds**.
4. Using a rubber spatula, gently fold and stir the eggs, allowing the uncooked portions to reach the bottom of the pan.
5. When the eggs are beginning to set but are still creamy, fold in the chopped watercress and crumbled blue cheese.
6. Continue stirring gently until the watercress is slightly wilted, the blue cheese begins to soften, and the eggs reach your desired consistency.
7. Remove from heat and serve immediately.

Nutrition (Per Serving)

- **Calories:** 310
- **Protein:** 20 g
- **Carbohydrates:** 3 g
- **Fiber:** 0.5 g
- **Net Carbohydrates:** 2.5 g
- **Total Fat:** 25 g
- **Saturated Fat:** 13 g
- **Cholesterol:** 440 mg
- **Sodium:** 480 mg (*varies depending on blue cheese and added salt*)

Serving Suggestions

- Serve with avocado slices or sautéed mushrooms for additional nutrients.

- Pair with roasted asparagus, Brussels sprouts, or a fresh green salad.
- Garnish with fresh chives, parsley, or cracked black pepper.
- Add a side of grilled zucchini or cauliflower rice for a more filling meal.

Artichoke, Ricotta & Egg Casserole



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 25 minutes

Ingredients

- 6 large eggs
- 1 cup artichoke hearts, chopped and drained
- ½ cup ricotta cheese
- Salt and black pepper, to taste
- 1 tablespoon fresh parsley or basil, chopped (optional)

Directions

1. Preheat oven to 375°F (190°C).
2. In a large mixing bowl, whisk the eggs until well combined.
3. Add the chopped artichoke hearts, ricotta cheese, salt, and pepper. Mix until evenly combined.
4. Pour the egg mixture into a lightly greased baking dish.
5. Bake for 25 minutes, or until the center is set and the top is lightly golden.
6. Allow the casserole to cool for a few minutes before slicing.
7. Garnish with fresh herbs if desired and serve warm.

Nutrition (Per Serving)

- **Calories:** 220
- **Protein:** 17 g
- **Carbohydrates:** 5 g
- **Fiber:** 1 g
- **Net Carbohydrates:** 4 g
- **Total Fat:** 15 g
- **Saturated Fat:** 6 g
- **Cholesterol:** 280 mg
- **Sodium:** 300 mg (*varies depending on artichoke hearts and added salt*)

Serving Suggestions

- Serve with sautéed spinach, kale, or watercress for extra greens.
- Pair with avocado slices or roasted vegetables.
- Add fresh dill, basil, or parsley for a Mediterranean flavor.
- For additional protein, serve alongside turkey sausage or grilled chicken.

Garden Green Egg Muffins with Asiago Cheese



Servings: 6 muffins **Prep Time:** 10 minutes **Cook Time:** 18–20 minutes

Ingredients

- 6 large eggs
- ½ cup fresh spinach, chopped
- ½ cup kale, finely chopped (stems removed)
- ½ cup broccoli, finely chopped
- ¼ cup Asiago cheese, shredded
- Salt and black pepper, to taste
- Fresh herbs (optional: parsley, chives, or basil)

Directions

1. Preheat oven to 350°F (175°C).
2. Lightly grease a muffin tin or use silicone muffin cups.
3. In a large bowl, whisk the eggs until well blended.
4. Stir in the spinach, kale, broccoli, Asiago cheese, salt, and pepper.
5. Pour the mixture evenly into muffin cups, filling each about $\frac{3}{4}$ full.
6. Bake for 18–20 minutes, or until the egg muffins are set and lightly golden on top.
7. Allow to cool for a few minutes before removing from the muffin tin.
8. Serve warm or refrigerate for an easy grab-and-go breakfast.

Nutrition (Per Serving)

(Based on 6 servings)

- **Calories:** 250
- **Protein:** 19 g
- **Carbohydrates:** 8 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 6 g
- **Total Fat:** 15 g
- **Saturated Fat:** 6 g
- **Cholesterol:** 280 mg
- **Sodium:** 360 mg *(varies depending on cheese and added salt)*

Serving Suggestions

- Serve with avocado slices or a side of sautéed mushrooms.
- Pair with roasted Brussels sprouts, asparagus, or zucchini.
- Add chopped olives or artichoke hearts for a Mediterranean variation.
- Garnish with fresh herbs for added flavor.

Goat Cheese & Spinach Egg Bake with Mushrooms



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 20–25 minutes

Ingredients

- 4 large eggs
- 1 cup fresh spinach, chopped
- 1 cup mushrooms, sliced
- 2 tablespoons goat cheese, crumbled
- Salt and black pepper, to taste
- Fresh herbs (optional: parsley, basil, or chives)

Directions

1. Preheat oven to 375°F (190°C).
2. Lightly grease a small baking dish.
3. In a bowl, whisk the eggs with salt and pepper.
4. Add the spinach and mushrooms, mixing until evenly combined.
5. Pour the egg mixture into the baking dish.
6. Sprinkle goat cheese evenly over the top.
7. Bake for 20–25 minutes, or until the center is fully set and the top is lightly golden.
8. Let cool for a few minutes before slicing and serving.

Nutrition (Per Serving)

- **Calories:** 375
- **Protein:** 29 g
- **Carbohydrates:** 8 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 6 g
- **Total Fat:** 10 g
- **Saturated Fat:** 5 g
- **Cholesterol:** 430 mg
- **Sodium:** 350 mg (*varies depending on cheese and added salt*)

Serving Suggestions

- Serve with avocado slices or a side of roasted vegetables.
- Pair with sautéed kale, asparagus, or Brussels sprouts.
- Add fresh dill, parsley, or basil for extra flavor.
- For a Mediterranean variation, add chopped olives or artichoke hearts.

Ricotta & Herb Egg Muffins with Spinach and Mushrooms



Servings: 6 muffins **Prep Time:** 10 minutes **Cook Time:** 20–25 minutes

Ingredients

- 6 large eggs
- ½ cup ricotta cheese
- ½ bag fresh spinach, chopped
- ½ cup mushrooms, finely chopped
- 2 tablespoons fresh chives, chopped
- Salt and black pepper, to taste

Directions

1. Preheat oven to 350°F (175°C).
2. Lightly grease a muffin tin or use silicone muffin cups.
3. In a large bowl, whisk the eggs until well blended.
4. Add the ricotta cheese, spinach, mushrooms, chives, salt, and pepper. Mix until evenly combined.
5. Pour the mixture evenly into the muffin tins, filling each cup about $\frac{3}{4}$ full.
6. Bake for 20–25 minutes, or until the egg muffins are set and lightly golden.
7. Allow to cool for a few minutes before removing from the muffin tin.
8. Serve warm or refrigerate for an easy high-protein breakfast option.

Nutrition (Per Muffin)

- **Calories:** 135
- **Protein:** 11 g
- **Carbohydrates:** 2 g
- **Fiber:** 0.5 g
- **Net Carbohydrates:** 1.5 g
- **Total Fat:** 8 g
- **Saturated Fat:** 3.5 g
- **Cholesterol:** 190 mg
- **Sodium:** 180 mg (*varies depending on added salt and ricotta brand*)

Serving Suggestions

- Serve with avocado slices or a side of sautéed greens.

- Pair with roasted asparagus, zucchini, or Brussels sprouts.
- Garnish with extra chives, parsley, or fresh basil.
- Add chopped artichoke hearts or olives for a Mediterranean variation.

Feta Vegetable Frittata with Kale & Mushrooms



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 20–25 minutes

Ingredients

- 6 large eggs
- ½ cup feta cheese, crumbled
- 1 cup kale, chopped (stems removed)
- 1 cup mushrooms, sliced
- ½ cup onion, diced
- Salt and black pepper, to taste
- Fresh herbs (optional: parsley, dill, or chives)

Directions

1. Preheat oven to 375°F (190°C).
2. Lightly grease a baking dish.
3. In a large bowl, whisk the eggs until well combined.
4. Add the feta cheese, kale, mushrooms, onions, salt, and pepper. Mix until evenly combined.
5. Pour the mixture into the prepared baking dish.
6. Bake for 20–25 minutes, or until the center is fully set and the top is lightly golden.
7. Allow the frittata to cool for a few minutes before slicing.
8. Garnish with fresh herbs and serve warm.

Nutrition (Per Serving)

- **Calories:** 240
- **Protein:** 18 g
- **Carbohydrates:** 7 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 5 g
- **Total Fat:** 17 g
- **Saturated Fat:** 7 g
- **Cholesterol:** 290 mg
- **Sodium:** 420 mg (*varies depending on feta and added salt*)

Serving Suggestions

- Serve with avocado slices or a side salad of spinach, romaine, and cucumber.
- Pair with roasted Brussels sprouts, asparagus, or zucchini.
- Add fresh dill and lemon zest for a Mediterranean flavor.
- Include olives or artichoke hearts for additional Mediterranean ingredients.

Steamed Eggs with Chives



Servings: 2 **Prep Time:** 5 minutes **Cook Time:** 12–15 minutes

Ingredients

- 4 large eggs
- 1 cup warm water
- ½ teaspoon salt
- 1 teaspoon butter (melted)
- 2 tablespoons fresh chives, chopped

Directions

1. Crack eggs into a bowl and gently beat until combined, being careful not to create foam.
2. Slowly mix in the warm water and salt until smooth.
3. Strain the egg mixture through a fine sieve to create a silky texture.
4. Pour the strained mixture into a shallow heat-safe bowl.
5. Cover the bowl with foil or a plate to prevent water droplets from forming on the surface.
6. Place the bowl in a steamer and steam over gently simmering water for 12–15 minutes, until the eggs are softly set.
7. Remove from the steamer and drizzle with melted butter.
8. Garnish with chopped chives and serve warm.

Nutrition (Per Serving)

- **Calories:** 165
- **Protein:** 13 g
- **Carbohydrates:** 1 g
- **Fiber:** 0 g
- **Net Carbohydrates:** 1 g
- **Total Fat:** 12 g
- **Saturated Fat:** 3 g
- **Cholesterol:** 370 mg
- **Sodium:** 430 mg (*varies depending on added salt*)

Serving Suggestions

- Add sautéed mushrooms, spinach, or bok choy for extra vegetables.

- Top with fresh herbs such as cilantro, parsley, or scallions.
- Serve alongside roasted vegetables or avocado slices for a complete breakfast.
- For a protein boost, pair with grilled chicken, shrimp, or salmon.

Mediterranean Smoked Salmon Breakfast Bowl



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 5–7 minutes

Ingredients

- 8 ounces cooked salmon, flaked
- 3 cups fresh spinach
- ½ cup feta cheese, crumbled
- ¼ cup olives (Kalamata or green olives)
- 1 tablespoon butter
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- Fresh herbs (optional: dill, parsley, or chives)
- Lemon wedges (optional)

Directions

1. Heat butter in a skillet over **medium heat**.
2. Add minced garlic and sauté for **30–60 seconds** until fragrant.
3. Add spinach and cook until wilted, about **2–3 minutes**.
4. Add the flaked salmon and gently warm for **1–2 minutes**, being careful not to break it apart too much.
5. Divide the salmon and spinach mixture between two bowls.
6. Top with crumbled feta cheese and olives.
7. Garnish with fresh herbs and a squeeze of lemon juice if desired.
8. Serve immediately.

Nutrition (Per Serving)

- **Calories:** 390
- **Protein:** 34 g
- **Carbohydrates:** 5 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 3 g
- **Total Fat:** 27 g
- **Saturated Fat:** 8 g
- **Cholesterol:** 95 mg
- **Sodium:** 850 mg (*varies depending on smoked salmon, feta, and olives used*)

Serving Suggestions

- Serve with avocado slices for additional healthy fats.
- Add cucumber, artichoke hearts, or roasted zucchini for more Mediterranean vegetables.
- Pair with a side of cauliflower rice for a more filling meal.
- Garnish with fresh dill and lemon zest for a classic Mediterranean flavor.

Ricotta & Pistachio Breakfast Bowl



Servings: 2 **Prep Time:** 5 minutes **Cook Time:** No cooking required

Ingredients

- 1 cup ricotta cheese
- ¼ cup pistachios, chopped
- 2 tablespoons walnuts, chopped
- 1 teaspoon flaxseed oil
- Optional: cinnamon or fresh herbs for added flavor

Directions

1. Divide the ricotta cheese evenly between two bowls.
2. Sprinkle the chopped pistachios and walnuts over the ricotta.
3. Drizzle flaxseed oil evenly over each serving.
4. Serve chilled and enjoy immediately.

Nutrition (Per Serving)

- **Calories:** 385
- **Protein:** 18 g
- **Carbohydrates:** 8 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 5 g
- **Total Fat:** 31 g
- **Saturated Fat:** 8 g
- **Cholesterol:** 40 mg
- **Sodium:** 180 mg (*varies depending on ricotta brand*)

Serving Suggestions

- Add pumpkin seeds or chopped almonds for additional texture and minerals.
- Serve alongside a vegetable egg dish for a higher-protein breakfast.

Swiss Chicken Lettuce Wraps



Servings: 4 **Prep Time:** 10 minutes **Cook Time:** 10 minutes

Ingredients

- 1½ pounds cooked chicken, shredded or chopped
- 1 cup Swiss cheese, shredded
- 8–12 large romaine lettuce leaves
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- Fresh herbs (optional: parsley, chives, or basil)

Directions

1. Heat a skillet over medium heat.
2. Add mushrooms and garlic, sautéing for 3–5 minutes until mushrooms soften and become fragrant.
3. Add the cooked chicken and warm through, stirring until evenly combined.
4. Season with salt and black pepper to taste.
5. Wash and dry romaine lettuce leaves, keeping them whole for wrapping.
6. Spoon the warm chicken and mushroom mixture into the center of each romaine leaf.
7. Top with shredded Swiss cheese.
8. Fold the lettuce leaves like a wrap and serve immediately.

Nutrition (Per Serving)

- **Calories:** 370
- **Protein:** 43 g
- **Carbohydrates:** 5 g
- **Fiber:** 2 g
- **Net Carbohydrates:** 3 g
- **Total Fat:** 19 g
- **Saturated Fat:** 8 g
- **Cholesterol:** 120 mg
- **Sodium:** 450 mg (*varies depending on chicken and Swiss cheese used*)

Serving Suggestions

- Add sliced avocado for additional healthy fats.
- Include cucumber, olives, or artichoke hearts for a Mediterranean-style wrap.
- Serve with a side of roasted Brussels sprouts, zucchini, or cauliflower rice.
- Add fresh lemon juice and herbs for extra flavor.

Turkey & Spinach Stuffed Mushrooms



Servings: 4 **Prep Time:** 15 minutes **Cook Time:** 20–25 minutes

Ingredients

- 4 large Portobello mushrooms, stems removed and cleaned
- 1½ pounds ground turkey
- 2 cups fresh spinach, chopped
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons butter
- ½ cup feta cheese, crumbled
- Salt and black pepper, to taste
- Fresh herbs (optional: parsley, oregano, or basil)

Directions

1. Preheat oven to 375°F (190°C).
2. Clean the Portobello mushrooms and remove the stems. Place mushroom caps in a baking dish.
3. Heat butter in a skillet over medium heat.
4. Add onion and garlic and sauté for 2–3 minutes until softened.
5. Add ground turkey and cook until browned and fully cooked, breaking it apart as it cooks.
6. Stir in chopped spinach and cook until wilted, about 1–2 minutes.
7. Season the turkey mixture with salt and pepper.
8. Spoon the turkey and spinach mixture evenly into the mushroom caps.
9. Top each stuffed mushroom with crumbled feta cheese.
10. Bake for 20–25 minutes, until mushrooms are tender and the cheese is lightly melted.
11. Garnish with fresh herbs before serving.

Nutrition (Per Serving)

(Estimated based on 4 servings)

- **Calories:** 390
- **Protein:** 42 g
- **Carbohydrates:** 10 g
- **Fiber:** 3 g
- **Net Carbohydrates:** 7 g
- **Total Fat:** 22 g
- **Saturated Fat:** 9 g

- **Cholesterol:** 120 mg
- **Sodium:** 520 mg (*varies depending on feta and added salt*)

Serving Suggestions

- Serve with a side salad of romaine, cucumber, olives, and lemon herb dressing.
- Pair with roasted asparagus, Brussels sprouts, or cauliflower rice.
- Add fresh oregano and lemon zest for a Mediterranean flavor.
- For extra vegetables, add chopped zucchini or kale to the filling.

Sardine & Spinach Egg Scramble



Servings: 2 **Prep Time:** 10 minutes **Cook Time:** 10 minutes

Ingredients

- 1 can sardines, drained and chopped
- 4 large eggs
- 2 cups fresh spinach
- ½ cup mushrooms, sliced
- 1 clove garlic, minced
- 1 tablespoon butter
- Salt and black pepper, to taste
- Fresh parsley, chopped for garnish

Directions

1. Heat butter in a skillet over medium heat.
2. Add mushrooms and garlic. Sauté for 3–4 minutes until mushrooms soften and garlic becomes fragrant.
3. Add spinach and cook until wilted, about 1–2 minutes.
4. Gently fold in the chopped sardines and warm for 1 minute.
5. Whisk eggs in a bowl with a pinch of salt and pepper.
6. Pour eggs into the skillet and gently scramble with the vegetables and sardines until cooked to your preferred consistency.
7. Remove from heat and garnish with fresh parsley.
8. Serve warm.

Nutrition (Per Serving)

- **Calories:** ~330
- **Protein:** 30 g
- **Carbohydrates:** 5 g
- **Fiber:** 1–2 g
- **Net Carbohydrates:** 3–4 g
- **Total Fat:** 22 g
- **Saturated Fat:** 7 g
- **Cholesterol:** ~300 mg
- **Omega-3 Fatty Acids:** High

Serving Suggestions

- Serve with avocado slices for additional healthy fats.
- Add sautéed bok choy, kale, or watercress for more greens.
- Top with fresh dill, chives, or lemon zest for a Mediterranean flavor.
- Pair with roasted sweet potatoes or cauliflower rice for a more filling meal.