



NUTRITIONAL WEIGHT & WELLNESS, Inc.  
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## **Dar's Nutty Eggs**

Recipe by: Bea James

Serving Size 1

### Ingredients:

- 2 tablespoons butter – organic
- 2 eggs – organic
- 3 tablespoons ground walnuts – raw
- 2 tablespoons olive oil
- 1 cup chopped spinach – washed
- 1 chopped tomato

You will need 2 small omelet pans, preferably non-stick.

In one of the pans add 2 tablespoons of olive oil and the spinach. Over medium high heat cook the spinach until wilted. Keep warm.

In the other pan over medium high heat add the butter. Crack the two eggs into the pan. Cook until the whites are set. Sprinkle with the ground walnuts then flip the eggs. Cook until the yolks are cooked to your preference.

Place the spinach on plate. Flip the eggs out on top of spinach so the walnut-side of eggs is up. Top with chopped tomatoes.

Optional – Sprinkle with grated parmesan or feta.