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Spinach and Eggs Scramble

Last updated: Jul 17, 2022 · Recipes developed by [Vered DeLeeuw](#) and nutritionally reviewed by [Rachel Benight MS, RD](#) · This website generates income via ads and uses cookies.

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This tasty spinach and eggs scramble is perfect for brunch. With lots of fresh spinach, onions, and parmesan, it's incredibly flavorful!

Ready in about 20 minutes, it's as easy as it is delicious. Even the leftovers are good!



This scramble may not look like much, but it's delicious. I've been making this recipe regularly for over a year now. But I was reluctant to include it here because while egg scrambles are tasty, they are not very photogenic.

Today I just decided to go ahead and publish it. It's so good, I don't want you guys to miss out!

I first tried a veggie scramble several years ago at [Carla's Country Kitchen](#) in the beautiful and scenic Morro Bay, California:

I especially loved the ratio of vegetables to eggs (lots of vegetables!). And when I returned home, I decided to use spinach, simply because that's what I had in the fridge.

This dish is so delicious, I've been making it regularly ever since. And just like in the restaurant version, I love the generous ratio of veggies to eggs.

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Ingredients

You'll only need a few simple ingredients to make this spinach and eggs

Olive oil: Such a delicious oil and one of my favorites to cook with. But if you'd rather use an oil with a higher smoke point, you can use avocado oil instead.

Kosher salt and black pepper: If using fine salt, you should use less of it, or the eggs could end up too salty.

Eggs: I use large eggs in most of my recipes, this one included.

Grated Parmesan: It's best to use finely grated cheese and not coarsely shredded.

Veggies: I use sliced onion and fresh baby spinach leaves.

Red pepper flakes: They don't make the eggs very spicy. They mostly add an interesting layer of flavor. You can omit them if you wish, or reduce the amount you use.

Making this spinach and eggs scramble is easy! Scroll down to the recipe card for detailed instructions. Here are the basic steps:

Your first step is to whisk the eggs with salt, pepper, and parmesan.

Next, brown sliced onions in some olive oil. Add fresh spinach leaves and lightly cook them, just until slightly wilted. Don't overcook the spinach at this point.

Add the eggs and scramble until done to your liking. Make sure to cook the eggs over medium heat. This will help prevent them from becoming overcooked.

It's best to use bagged pre-washed spinach in this recipe. For the best texture, you want the leaves to be completely dry, and the pre-washed product ensures that they are.

Frequently asked questions

Can I use frozen spinach in this recipe?

+

Should I chop the spinach leaves?

+

What type of skillet should I use?

+

Variations

- Cook the eggs in butter instead of olive oil.
- Use shredded cheddar instead of parmesan.
- Add seasonings such as garlic powder, dried thyme, or dried oregano.
- Add a handful of bacon bits.

Serving suggestions

As you can see in the photos, the restaurant served this dish with sausage links. At home, I serve it with sliced tomatoes.

Sometimes I add [oven bacon](#) and/or [keto biscuits](#). This dish is also very good on top of buttered thick slices of [almond flour bread](#).

Storing leftovers

Provided the eggs are fully cooked and are no longer liquid, you can keep the leftovers in the fridge, in an airtight container, for 2-3 days. Reheat them gently, covered, in the microwave on 50% power.

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Recipe Card

Spinach and Eggs Scramble

This delicious scramble of spinach and eggs is perfect for brunch. With lots of fresh spinach, onions, and parmesan, it is also very flavorful!

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins



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Ingredients

- ☐ 2 tablespoons olive oil
- ☐ ½ medium onion Sliced and separated into rings
- ☐ ½ teaspoon [Diamond Crystal kosher salt](#)
Plus a pinch for the onions; if using [any other salt](#), use just ¼ teaspoon.
- ☐ ¼ teaspoon black pepper divided
- ☐ 4 large eggs
- ☐ 2 tablespoons parmesan grated (1 ounce)
- ☐ 2 cups fresh baby spinach leaves (2 ounces)
- ☐ ¼ teaspoon red pepper flakes

Instructions



1. Heat the olive oil in a large (12-inch) nonstick skillet over medium-high heat for about 2 minutes.
2. Add the onion slices. Sprinkle them with a pinch of kosher salt and black pepper. Cook, stirring occasionally, until golden, about 5 minutes. Lower the heat to medium.
3. While the onion is cooking, whisk the eggs, ½ teaspoon of kosher salt, a pinch of black pepper, and 2 tablespoons of parmesan in a medium bowl. Set aside.
4. When the onions are golden brown, add the spinach leaves to the skillet. Cook.

5. Pour the egg mixture into the skillet. Cook the eggs over medium heat, pushing them back and forth with a rubber spatula, until set to your liking.
6. Sprinkle the scramble with red pepper flakes. Serve immediately.

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Notes

- The FDA recommends cooking eggs [thoroughly](#).
- It's best to use bagged pre-washed spinach in this recipe. For the best texture, you want the leaves to be completely dry, and the pre-washed product ensures that.
- To prevent overcooking the eggs, it's important to cook them over medium heat.
- Provided the eggs are fully cooked and no longer liquid, you can keep the leftovers in the fridge in an airtight

Nutrition per Serving

Serving: 0.5recipe | Calories: 303kcal | Carbohydrates: 4g | Protein: 16g | Fat: 25g | Saturated Fat: 6g | Sodium: 612mg | Fiber: 1g | Sugar: 2g

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If you made this recipe, please leave a comment sharing your experience with others. Thank you so much!

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Disclaimers

Cup measurements refer to the standard American cup, which is 240 milliliters. Most of my recipes are low-carb (or keto) and gluten-free, but some are not. Please verify that a recipe fits your needs before using it. Recommended and linked products are not guaranteed to be gluten-free. Nutrition info is approximate, and the carb count excludes non-nutritive sweeteners. Nutrition info may contain errors, so please verify it independently. Recipes may contain errors, so please use your common sense when following them. Please read these [Terms of Use](#) carefully before using any of my recipes.

ABOUT THE AUTHOR

Vered DeLeeuw, LL.M., CNC, has been following a low-carb real-food diet and blogging about it since 2011. She's a Certified Nutrition Coach (NASM-CNC), has taken courses at the Harvard School of Public Health, and has earned a Nutrition and Healthy Living Certificate from Cornell University. Her work has appeared in several major media outlets, including Healthline, HuffPost, Today, Women's Health, Shape, and Country Living. [Click to learn more about Vered.](#)

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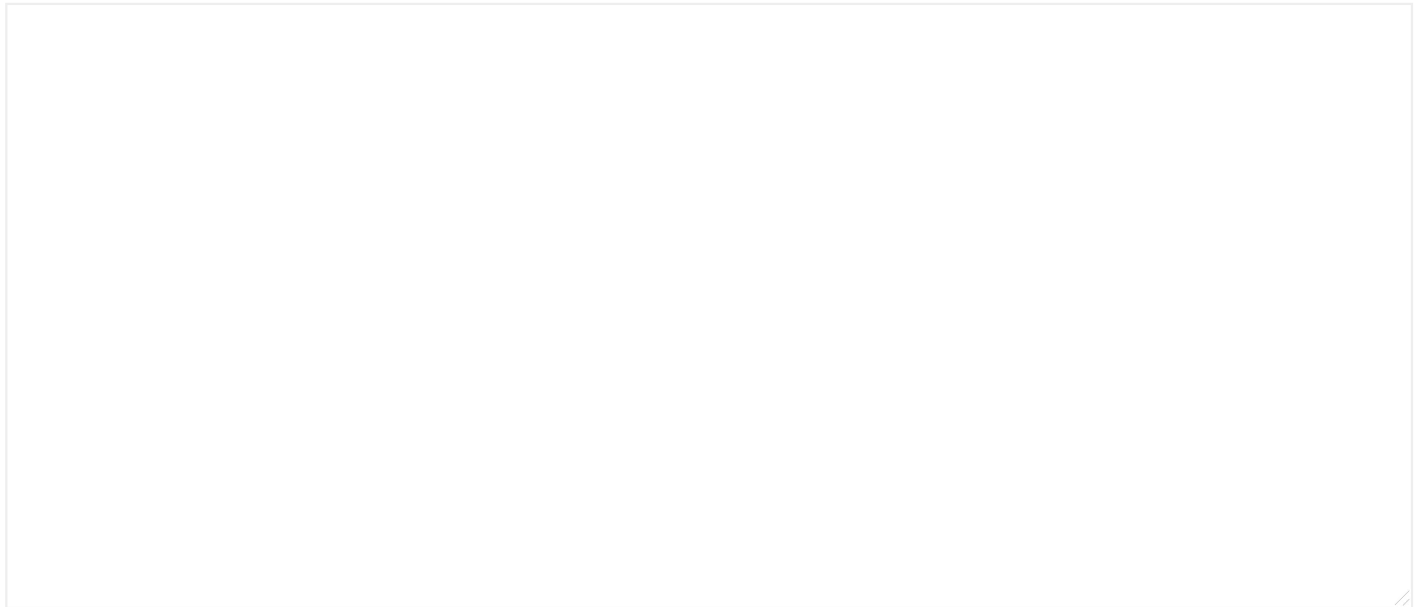
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Cheryl R Thomas

April 01, 2024 at 10:57 am

Made this recipe. It is amazingly delicious. Eggs and spinach are two of

[REPLY](#)**Vered DeLeeuw**

April 01, 2024 at 1:26 pm

I'm so glad you enjoyed this scramble. Cheryl! Green onions sound lovely. Thanks for taking the time to write a review!

[REPLY](#)**Lija**

January 14, 2024 at 1:05 pm

Delicious! Thank you for all of your great recipes!!

[REPLY](#)

[REPLY](#)**Bob n Redding**

February 09, 2024 at 1:30 pm

I just made this for the first time. I used cheddar and bacon bits. I needed to cut down on the coarse kosher salt I used. It was too salty, but it still tasted great (I like salt). I'll be making this more. Thanks!

[REPLY](#)**Vered DeLeeuw**

February 09, 2024 at 2:15 pm

Hi Bob,

Thank you for your comment. I edited the recipe card to emphasize that one would need to halve the salt if using any salt other than Diamond Crystal (even a different brand of coarse kosher salt). The bacon bits also added extra saltiness.

I'm glad you enjoyed it despite the saltiness! Thanks for taking the time to comment.

Ron

June 30, 2023 at 1:42 pm

Can I add ground beef or sausage?

[REPLY](#)**Vered DeLeeuw**

June 30, 2023 at 2:56 pm

Yes. Assuming you'll use a pound of ground beef, I recommend you season the ground beef and cook it separately until it's done, drain it, and set it aside. Proceed with the recipe and add the cooked ground beef after you add the spinach, right before adding the eggs. You'll need to add more eggs - I suggest using six eggs. With the ground beef, this recipe will make at least four servings.

[REPLY](#)**Bethy**

November 23, 2023 at 3:35 pm

I made this for company today. It was good! Served with a side of bacon.

Vered DeLeeuw

November 23, 2023 at 3:56 pm

I'm so glad you enjoyed this scramble, Bethy!

Can I use canned spinach?

REPLY

Vered DeLeeuw

June 05, 2023 at 5:53 pm

I don't recommend using canned spinach in this recipe.

REPLY

SG

May 31, 2023 at 9:28 am

So good! I made this for dinner last night and had it again for breakfast!
Thank you for sharing this deliciousness.

REPLY

Vered DeLeeuw

May 31, 2023 at 9:00 pm

So glad you liked this scramble! It's one of my favorite meals and it totally works for dinner.

REPLY

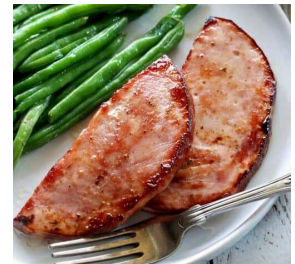


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