

Green Eggs and Ham

Kids will love making these eggs 'green'. This recipe can be served as a snack, or as part of a healthy breakfast, lunch or dinner.



Ingredients:

6 large	Eggs	6 large
1 tsp	Canola oil	5 mL
2 slices (¼ cup)	Deli ham, chopped (or a bit of leftover roast ham)	60 mL
1 cup	Fresh spinach or chard, loosely packed, chopped	250 mL
1 Tbsp	Reduced fat mayonnaise	15 mL
2 Tbsp	Parmesan cheese, grated	30 mL

Directions:

1. Place the eggs in a medium saucepan. Cover with water and bring to a boil. Cover, remove from heat and let stand 15 minutes. Drain and rinse with cold water until cool.
2. Peel and slice eggs in half lengthwise. Remove yolks and set 3 aside for another use.
3. Meanwhile, heat the oil in a saucepan set over medium heat and sauté the ham for a minute. Add the spinach and cook for another minute, until wilted.
4. In a medium bowl, mash the 3 yolks with the mayonnaise and Parmesan cheese until smooth. Add the spinach mixture and stir until well blended.
5. Stuff egg white halves with filling and serve immediately.

Makes 3 servings (4 egg halves/ 115 g)

Source: developed by Julie Van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/ AHS.

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Nutrition Facts	
Per 1/3 of recipe (115 g)	
Amount	% Daily Value
Calories 160	
Fat 10 g	15 %
Saturated 3 g + Trans 0 g	15 %
Cholesterol 215 mg	
Sodium 330 mg	14 %
Carbohydrate 2 g	1 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 14 g	
Vitamin A	40 %
Vitamin C	4 %
Calcium	8 %
Iron	8 %

Nutrient Claim	Amount per serving
Source of calcium	88 mg
Source of magnesium	19 mg
Very high in folate	58 mcg
Source of iron	1.1 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/4
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Sometimes recipe (Meat and Alternatives) according to the Alberta Nutrition Guidelines.