

**Description:** A delicious and easy-to-make lunch recipe that combines the flavors of spinach, cheese, and eggs in a toasted bread sandwich

## Ingredients:

- 4 slices of bread
- 2 cups of fresh spinach
- 2 eggs
- 1 cup of shredded cheese
- 1/2 cup of milk

## Instructions:

1. Preheat a non-stick pan over medium heat and sauté the spinach until wilted
2. In a separate bowl, whisk the eggs and milk together
3. Add the shredded cheese to the egg mixture and stir well
4. Pour the egg mixture over the sautéed spinach and cook until the eggs are almost set
5. Toast the bread slices and assemble the sandwich by placing the spinach and egg mixture in between

## Tips:

- Use whole wheat bread for a healthier option
- Add some sliced ham or turkey for extra protein

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*Original ingredients requested: bread, cheese, milk, eggs, spinach (Meal type: lunch)*