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)