

# Poached Eggs with Sautéed Spinach

## Ingredients

2-4 fresh eggs (preferably free range, pastured)  
4 packed cups of fresh baby spinach  
2 Tbsp extra virgin olive oil  
Salt and pepper to taste

## Directions

1. Put eggs on to boil or poach for 6 – 10 minutes.\*
2. While eggs are cooking, heat the extra virgin olive oil in a large skillet.
3. Once the olive oil begins to shimmer, slowly pile the spinach in the skillet and begin to carefully turn the spinach with tongs.
4. After about **15 – 30 seconds**, turn off the heat and continue stirring the spinach until all the leaves are wilted. Remove the pan from the heat.
5. Add salt and pepper to taste.
6. Plate the spinach and layer the eggs on top. Season as desired. Serve with  $\frac{3}{4}$  cup fresh berries and multi-colored grape tomatoes.

\*You can either poach (if you have the [Egg Central](#) or you've mastered this culinary technique) or boil a few eggs to make this dish.

