

"Green" Eggs and Ham Breakfast Wraps

Get the kids involved in making this breakfast that they'll love...it's a nutrition-packed meal that they'll think is the best thing since sliced bread!

Per Serving (multiply as necessary for the number of people you want to serve):

- 2 eggs
- 1/2 cup fresh spinach (a small handful)
- pinch salt
- 2 slices ham or Canadian bacon
- 1 slice of cheese (your choice!)
- 1 flour tortilla

Crack eggs into a bowl. Finely chop the spinach and add to the eggs along with a pinch of salt. Using a fork, stir the eggs and spinach together.

Spray a skillet with non-stick cooking spray and place over medium heat. Add eggs and cook, stirring occasionally, until they are set.

Place a slice of ham and a slice of your favorite cheese in the middle of a flour tortilla. Top with the cooked "green" eggs. Fold up the bottom 1/3 of the tortilla, and then roll from left side toward middle then the right side toward middle to make a handy wrap!

ENJOY!