Greenmarket Kids Recipe Series

SPRING EGGS WITH SPINACH

Recipe from the Old Farmer’s Almanac

DID YOU KNOW: Eggs can come in more than just the white and brown variety. Arcana chickens lay greenish-blue eggs, an emu’s egg is emerald green! The shells are different colors because of the different breeds of bird. White chickens will lay white eggs, and brown chickens will lay brown eggs— but there is no difference in nutrition or taste!

Serves 4 to 6

Ingredients:
- 8 tablespoons unsalted butter, divided*
- 1/4 pound fresh spinach, cleaned, stemmed, and shredded*
- Salt and freshly ground pepper, to taste
- 1 tablespoon heavy cream*
- 12 eggs*

* Ingredients available seasonally at your neighborhood Greenmarket

Instructions:

1. With an adult’s help, melt a tablespoon of the butter in a large saucepan. Add the spinach and a little salt. Cook over low heat until spinach is wilted and liquid evaporates, about 3 to 5 minutes. Stir in the cream, and cook until it thickens slightly, about 1 to 2 minutes.

2. Set aside, and cover to keep warm. Blend the eggs in a bowl, making sure the whites and yolks are completely mixed together. Add salt and pepper. In a large heavy saucepan, with an adult’s help, melt the rest of the butter.

3. Pour the eggs into the pan and cook gently over low heat, stirring constantly with a wooden spoon. As the eggs thicken on the bottom and sides, scrape them so they mix into the uncooked eggs. Continue cooking until all the eggs have thickened but are still soft and moist, about 15 minutes.

4. Add salt and pepper, if needed. Spoon the eggs onto warm plates and add a dollop of the creamy spinach to each.

5. Enjoy!