

# Popeye's Scramble

Microwave until defrosted. Allow to cool and squeeze out excess liquid. Set aside and season with salt and pepper.

Pre-heat oven to 425°F and line a baking tray with foil. Cook on the baking tray until crisp, turning halfway through, about 15 minutes. Drain on paper towel and crumble. Put the spinach and bacon in the turned-off oven to keep warm while you make the eggs.

Stir together with a fork in a bowl until well-combined. Add and stir to combine.

Pre-heat a medium-sized non-stick or ceramic pan over medium-low heat. When the pan is warm, add in

Once the butter has melted, add in the eggs. When the eggs begin to thicken and cook, stir leisurely and consistently until just set. Remove the pan from the heat immediately and transfer to a plate. Top with the spinach and bacon.

1/3 C Frozen chopped spinach

1 to 2 Rashers of bacon

3 Eggs

1/3 C Crumbled feta or cheese of your choice

2 t Butter