



GREEN EGGS AND HAM

A tasty treat after reading the famous story by Dr. Seuss! For each serving, you will need:

- 1 teaspoon chopped green onion
- 1 teaspoon chopped green peppers
- 1 tablespoon chopped ham
- small amount of oil
- 3 teaspoons chopped spinach
- 1 egg
- 1 teaspoon milk
- salt and pepper

Saute the onion, peppers and ham with a little oil in an electric skillet. Add the spinach. Beat the egg, milk and salt and pepper together in a separate bowl. Add the egg mixture to the skillet and stir constantly until egg is set. Serve on a paper plate to each student.