

Seussified Green Eggs and Ham a la Sam I Am

2 medium eggs
1/2 cup chopped or snipped fresh spinach (about 1 oz.)
1/4 cup cottage cheese
2 tablespoons chopped lean cooked ham, like Canadian bacon (about 1 oz.)
Cooking spray

Break the eggs into a medium-sized mixing bowl. Add the spinach, cottage cheese and ham. Beat with a fork until the eggs, spinach, cheese and ham are well blended and you can't see any streaks of egg white.

Coat a 7- to 8-inch omelet pan or skillet evenly with the cooking spray. Put the pan on a burner. Turn the heat to medium. Let the pan heat a little bit. Sprinkle a few drops of water into the pan. The pan is hot enough when the water sizzles and dances in the pan.

Pour the beaten eggs into the pan. The eggs will start to set. Hold a pancake turner upside down and gently pull it across the bottom and sides of the pan. Keep pulling the pancake turner through the eggs until they're thick and you can't see any more liquid in the pan. Don't stir all the time or the eggs will break into tiny pieces. Remove the pan from the burner. When the eggs are thick and there is no more liquid egg in the pan, lift the eggs out of the pan with the pancake turner and put them onto the plates.

Makes 2 servings: 135 calories; 16 grams of protein; 6 grams of fat (2 sat, 2.4 mono, .75 poly); 198mg cholesterol

Health-e headlines TM