



**Many Hands Organic Farm and  
Sustainability Center**  
Julie Rawson and Jack Kittredge  
411 Sheldon Road  
Barre, MA 01005  
(978) 355-2853 - Home  
(978) 257-1192 - Cell  
Farm@mhof.net

## Green Eggs (and ham)

Rhea Yablon Kennedy

Serves 2-3

### Ingredients:

- $\frac{3}{4}$  cup steamed spinach or other greens, drained and cooled to room temperature
- 4 large eggs
- 3 whole scallions, cut in 2" pieces
- Canola oil
- Omelet fillings, if you wish
- Ham slices (optional)

### Directions:

1. Combine eggs, greens, and scallions in blender or food processor. (Or, if you have a hand blender, combine them in a bowl or the pot you used to steam the greens). Puree.
2. Now heat the canola oil in a med-high skillet and use this mixture as you would beaten eggs to scramble or make omelets!
3. If you want to have ham, too, heat your ham slices in more canola oil briefly, then serve eggs and ham together.

### **BONUS!**

Here's how to make thick, fluffy French omelets with any eggs, including the green egg mixture:

In a cast iron or broiler-safe nonstick skillet, heat canola oil on med-high. When a drop of water bounces off, it's hot enough to start. Pour the egg mixture into the pan and use

a heat-resistant rubber spatula or regular spatula to slowly stir the eggs. This is kind of like scrambling the eggs, but when they're still pretty runny, instead of continuing to stir, spread the eggs to cover the pan evenly. Now turn on the broiler, add your omelet toppings, and stick under the broiler (still flat and open) for a minute or two, until the egg is set and fillings are hot. Now run the spatula along the rim of the flat omelet and underneath to loosen it. Now fold the omelet over into a half circle and slide or lift it onto a plate. *Voila! Une omelette verte!*