

This Spinach Egg & Cheese Skillet Balances Blood Sugar Like Magic

Blood Sugar-Friendly Spinach, Egg & Cheese Skillet (A Real Treasure!)



TIME
10 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

Fresh spinach leaves (2-3 big handfuls or about 4 cups)

2-4 eggs (depending on portion size)

1/4-1/2 cup shredded cheese (cheddar or similar variety)

1/2 onion, diced

Salt and pepper, to taste

? Ingredient Notes & Swaps:

Spinach: Fresh is best, but thawed frozen spinach (squeezed dry) works in a pinch.

Cheese: Use sharp cheddar, Colby Jack, or even feta for a twist.

Onion: Red onions or shallots add a sweeter flavor, while white or yellow give a classic base.

Eggs: Poached, scrambled, or baked-all methods work with this mix!

??? How to Make Spinach Egg & Cheese

Skillet:

SautØ onion: In a nonstick skillet, cook the diced onion over medium heat with a touch of olive oil or butter until soft and golden (about 3 minutes).

Add spinach: Toss in the spinach and sautØ just until wilted.

Create space for eggs: Push spinach to the sides and crack eggs into the pan. Cover and cook until yolks are set to your liking-or scramble gently if preferred.

Add cheese: Sprinkle cheese over the top and cover for another 30 seconds until melted.

Season and serve: Add salt, pepper, and any desired herbs or spices. Serve hot and enjoy!

? Tips for Success:

Low and slow heat helps cook eggs gently without over-browning the spinach.

Covering the skillet helps the eggs cook evenly without flipping.

Use pre-washed baby spinach for faster prep.

Double batch for meal prep: Store portions in the fridge for quick weekday breakfasts.

? Serving Suggestions & Pairings:

Eat on its own for a protein-packed meal

Wrap in a 3-Ingredient Egg Wrap for a low-carb breakfast burrito

Pair with a side of Monster Cookie Energy Balls for lasting energy

Serve alongside Peanut Butter Oatmeal Bars for a sweet-savory balance

Follow up with Cottage Cheese Pancakes for a protein-rich brunch spread

? Storage & Leftovers:

Refrigerator: Store leftovers in an airtight container for up to 3 days.

Reheat: Gently in the microwave or stovetop. Add a little fresh cheese on top before reheating for extra creaminess.

Freezer: Not ideal-eggs and spinach change texture.

? More Recipes You'll Love:

3-Ingredient Egg Wrap

Viral Cottage Cheese Pancake

No-Bake Peanut Butter Oatmeal Bars

DIRECTIONS

1. SautØ onion: In a nonstick skillet, cook the diced onion over medium heat with a touch of olive oil or butter until soft and golden (about 3 minutes).
2. Add spinach: Toss in the spinach and sautØ just until wilted.
3. Create space for eggs: Push spinach to the sides and crack eggs into the pan. Cover and cook until yolks are set to your liking-or scramble gently if preferred.
4. Add cheese: Sprinkle cheese over the top and cover for another 30 seconds until melted.
5. Season and serve: Add salt, pepper, and any desired herbs or spices. Serve hot and enjoy!
6. ? Tips for Success: Low and slow heat helps cook eggs gently without over-browning the spinach.
7. Covering the skillet helps the eggs cook evenly without flipping.
8. Use pre-washed baby spinach for faster prep.
9. Double batch for meal prep: Store portions in the fridge for quick weekday breakfasts.
10. ? Serving Suggestions & Pairings: Eat on its own for a protein-packed meal
11. Wrap in a 3-: Ingredient Egg Wrap for a low-carb breakfast burrito
12. Pair with a side of : Monster Cookie Energy Balls for lasting energy
13. Serve alongside : Peanut Butter Oatmeal Bars for a sweet-savory balance
14. Follow up with : Cottage Cheese Pancakes for a protein-rich brunch spread

15. ? Storage & Leftovers: Refrigerator: Store leftovers in an airtight container for up to 3 days.
16. Reheat: Gently in the microwave or stovetop. Add a little fresh cheese on top before reheating for extra creaminess.
17. Freezer: Not ideal-eggs and spinach change texture.
18. ? More Recipes You'll Love: 3-Ingredient Egg Wrap
19. Viral : Cottage Cheese Pancake
20. No-Bake : Peanut Butter Oatmeal Bars
21. 3-Ingredient Oatmeal Breakfast Cookies
22. Monster : Cookie Energy Balls
23. ? Final Thoughts: This Spinach, Egg & Cheese Skillet is more than a quick meal-it's a nourishing, energizing dish that supports your health goals without sacrificing flavor. It's low-carb, naturally sweet from the onions, and balanced with protein and good fats to keep your blood sugar steady.
24. Tried it? Snap a pic and tag @chefmaniac-we love seeing how you turn simple ingredients into something special!

SWAPS & NOTES

& Swaps Spinach: Fresh is best, but thawed frozen spinach (squeezed dry) works in a pinch.

Cheese: Use sharp cheddar, Colby Jack, or even feta for a twist.

Onion: Red onions or shallots add a sweeter flavor, while white or yellow give a classic base.

Eggs: Poached, scrambled, or baked-all methods work with this mix! ???

TIPS FOR SUCCESS

Low and slow heat helps cook eggs gently without over-browning the spinach.

Covering the skillet helps the eggs cook evenly without flipping.

Use pre-washed baby spinach for faster prep.

Double batch for meal prep: Store portions in the fridge for quick weekday breakfasts. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-spinach-egg-cheese-skillet-balances-blood-sugar-like-magic/>