

Tomato, Egg and Feta Wrap

Ingredients:

- 1 whole wheat tortilla, 8 to 12"
- 1 cup chopped fresh spinach
- 2 eggs, scrambled
- 2 tbsp light feta cheese
- 1 tomato, diced
- 4 halves sun-dried tomato in oil & spices, chopped
- Salt and pepper to taste



Making it:

1. Spray pan with nonstick spray or lightly oil. Heat medium.
2. Add chopped spinach and all tomatoes. Stir and cook for 1 minute.
3. Add the sun dried tomatoes and spices and cook for 30 seconds. Removed from heat. Remove from pan and set aside.
4. Add scrambled eggs to pan, flip and fold until firm. Make into a patty shape. Heat tortillas in the microwave until slightly warm.
5. Place veggies, cheese and egg in the center of each tortilla.
6. Wrap the tortilla up envelope style.
7. Place the wrap in a warm oven or toaster oven. 2 minutes.

Tips and Hints:

- To increase protein add extra egg whites.
- You can also add mushrooms, peppers, or last nights left over grilled veggies to this wrap.
- Nutrition information based on 10" wrap. For higher energy needs go for a larger wrap and visa versa for lower needs.
- If you don't have wraps in the kitchen this also goes well stuffed in a pita.

NUTRITION FACTS

Servings: 1

Serving Size: 1 wrap

Total Calories	436
Carbohydrate	50 g
Total Fat	19 g
Protein	25 g
Fiber	9 g

Prep Time: 15

Cook Time: 10