

Spinach Feta Wrap

Hosted by: UCSD Student Health Advocates



Ingredients:

- 4 7-inch whole-wheat tortilla
- 1 cup sliced mushrooms
- 1 teaspoon black pepper
- 7 cups fresh spinach
- 4 large eggs, plus 4 egg whites, lightly whisked
- ½ cup crumbled low-fat feta cheese
- ¼ cup sun-dried tomatoes, chopped
- Cooking spray

Directions:

1. Place the tortilla on a microwave-safe plate and heat on high for one minute.
2. Coat a small skillet with cooking spray, then place it over medium heat. Sauté the mushrooms and pepper for two minutes.
3. Stir in the spinach and sauté for another few minutes, until wilted.
4. Add the eggs and cook, stirring often until they are set.
5. Place the egg scramble in the center of the tortilla, then, top it with the crumbled feta and sun-dried tomatoes. To wrap, fold up one end, then both sides. Serve immediately or wrap in foil and take to go.