

SPINACH FETA WRAP

Adapted from: popsugar.com
Makes 4 servings



INGREDIENTS:

- 4 7-inch whole-wheat tortillas
- 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

MATERIALS NEEDED:

- 1 skillet
- Measuring spoons
- Measuring cup
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Plates

INSTRUCTIONS:

1. Place the tortilla on a microwave-safe plate and heat on high for 30 seconds (enough time to warm it up).
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.

Nutrition Facts	
Serving Size (2C)	
Servings Per Cc	1
Amount Per Serving	
Calories 330	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 235mg	78%
Sodium 730mg	30%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 19g	
Vitamin A 40%	Vitamin C 15%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Brought to you by the
Student Health Advocate Program
SHA.UCSD.EDU

Follow us @UCSDSHA

