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.

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