

Spinach, Egg and Feta Pitas

Try this last-minute balanced meal! It's flavor packed and meatless for the perfect quick lunch or dinner.



INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 (10 ounce) block frozen chopped spinach, thawed, drained and squeezed dry
- Pinch salt
- 8 large eggs, beaten
- ¼ cup finely crumbled feta cheese
- Freshly ground pepper to taste
- 8 teaspoons sun-dried tomato tapenade or sun-dried tomato pesto
- 4 whole-wheat pitas (5-inch), cut in half, warmed if desired

DIRECTIONS

STEP 1

Heat oil in a large nonstick skillet over medium heat. Add spinach and salt and cook until steaming hot, stirring occasionally. Add eggs, stirring slowly as they set to form soft curds (this can go fairly quickly depending on the heat of your stove top.) Add feta and pepper and cook until set.

STEP 2

Spread tapenade or pesto inside pita pockets, 2 teaspoons per pita. Divide the egg mixture among the pitas.

To warm pita: Wrap in foil; bake in toaster oven at 350°F degrees until hot, 8 to 10 minutes.

NUTRITION FACTS

Serving Size: 2 pita halves & 1 cup egg mixture
Per Serving: 303 calories; protein 19.9g; carbohydrates 21.1g; dietary fiber 3.8g; sugars 2.7g; fat 16.2g; saturated fat 5.1g; cholesterol 380.3mg; vitamin a 9025.2IU; vitamin c 7.1mg; folate 162.6mcg; calcium 197.9mg; iron 4mg; magnesium 86.3mg; potassium 436.6mg; sodium 534.3mg; thiamin 0.2mg



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