



## Breakfast Pita

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Recipe Source: PEHP Test Kitchen staff

Serves 1

### Ingredients:

2 hard-boiled eggs  
1-2 handfuls fresh spinach, chopped  
2 Tbsp feta cheese  
1 Tbsp chopped sun-dried tomatoes  
1 6-inch whole-wheat pita pocket  
Salt and pepper

### Steps:

- Peel the eggs and remove one yolk to discard. Coarsely chop the remaining yolk and whites, season lightly with salt and pepper, and set aside.
- Toss the spinach with the feta, sun-dried tomatoes, and egg.
- Stuff or roll your pita with the filling. Alternatively, toast your pita then cut into wedges and eat it alongside the egg and spinach mixture as you would a salad.

*Tips from the Test Kitchen: You can easily change the types of vegetables in this recipe. Diced red onion, sweet or roasted red pepper, fresh tomatoes, olives, and cucumber would be good additions. This is also an excellent filling for whole wheat tortillas.*

**Nutritional Facts:** Calories: 383, Carbohydrates: 40grams, Protein: 22 grams, Total Fat: 15 grams, Saturated Fat: 6 grams, Cholesterol: 388 mg, Sodium: 642 mg, Fiber: 5 grams, Total Sugars: 5 grams.