



**BRAIN HEALTHY
COOKING**

Breakfast

Fresh Spinach, Feta, & Egg Wrap



Ingredients

- 1 TBSP extra-virgin olive oil
- ¼ CUP finely chopped red onion
- 4 slices of turkey bacon cut crosswise into ½-inch strips (optional)
- 2 CUPS packed baby spinach, coarsely chopped
- ½ CUP cherry tomatoes, thinly sliced
- 4 large eggs
- 4 large egg whites
- ¼ CUP crumbled feta cheese
- 1 TBSP snipped chives
- 4 whole-wheat tortillas, 8-inch, warmed
- 4 red leaf lettuce leaves

Makes 8 Servings

Directions

1. In a nonstick skillet, heat 1½ teaspoons of the oil. Add the red onion and cook over moderate heat until softened, about 5 min.
2. If you choose, add the turkey bacon and cook over moderately high heat, stirring, until browned, about 3 minutes
3. Add the spinach and tomatoes and cook until the spinach is wilted, about 2 minutes
4. Transfer to a bowl and wipe out the skillet
5. In a bowl, whisk whole eggs and egg whites and season with sea salt
6. Heat the remaining 1½ teaspoons of oil in the skillet
7. Add the eggs and cook over medium heat, stirring gently, until set, 3 minutes
8. Remove from heat and stir in the bacon mixture, feta and chives
9. Spoon the egg mixture down the center of each tortilla and top with the lettuce
10. Fold in the sides of the tortillas, then fold bottom of the tortillas over the filling and continue to roll until the filling is enclosed
11. Cut the wrap in half and serve



** Serve with side of fresh fruit & berries*

A recipe from the kitchen of 