



**BRAIN  
HEALTHY  
COOKING**  
program

# 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

*Serves: 8*

### *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

