



# CONFETTI SCRAMBLED EGG POCKETS

March 29

National Pita Day



## INGREDIENTS

- 1 Cup Canned or Frozen Corn
- ¼ Cup Chopped Green Pepper
- 2 Tablespoons Chopped Onion
- 1 Tablespoon Butter
- 8 Large Eggs
- ¼ Cup Reduced-Fat Evaporated Milk
- ½ Teaspoon Salt
- 1 Medium Tomato (seeded and chopped)
- 6 Pita Pockets (at least 1 ounce (28 grams) each, enriched or whole grain, halved)
- 6 Cups Salsa

## DIRECTIONS

1. In a large nonstick skillet, saute the corn, green pepper, and onion in butter for 5-7 minutes or until tender.
2. In a large bowl, combine the eggs, milk and salt; pour into skillet. Cook and stir over medium heat until eggs are completely set. Stir in the tomato.
3. Spoon about ⅔ cup into each pita half.
4. Serve with salsa on the side.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

 Breakfast

## YIELD

12 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pocket + ¼ Cup Salsa	½ Pita Pocket + ½ Cup Salsa	1 Pita Pocket + ½ Cup Salsa	2 Pita Pockets + ½ Cup Salsa