



BREAKFAST PITAS

March 29

National Pita Day



INGREDIENTS

- 8 Large Eggs
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Teaspoons Paprika (optional)
- 4 Pieces Pre-Cooked Bacon (diced)
- 6 Pita Pockets (at least 1 ounce (28 grams) each, enriched or whole grain, halved)
- 4 Tablespoons Chives (finely chopped)
- ½ Cup Shredded Cheese

DIRECTIONS

1. In a medium sized bowl stir together eggs, bacon, chives, salt, pepper and paprika (if using).
2. Spray cooking spray on a medium skillet. Heat the skillet over medium heat.
3. Add egg mixture to your skillet.
4. Let the eggs cook on the skillet without touching them until the edges start to set. Use a large spoon or spatula and slowly lift and fold the egg mixture.
5. Continue to cook the eggs for about 1 to 2 minutes or until the egg mixture is cooked through.
6. Cut the pita pockets in half. Lay the pitas on a plate and spoon the egg mixture evenly into them.
7. Top each pita with the shredded cheese and extra chives.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Breakfast

YIELD

6 Pita Pockets

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pocket	½ Pita Pocket	1 Pita Pocket	2 Pita Pockets