






## INGREDIENTS

- 12 Eggs
- 6 Tablespoons Milk
- 3 Teaspoons Kosher Salt
- 1½ Teaspoons Black Pepper
- 3 Teaspoons Dried Oregano
- 1 Cup Sun-Dried Tomatoes
- 6 Cups Fresh Baby Spinach
- 6 Tablespoons Olive Oil
- ¾ Cup Feta Cheese (crumbled)
- 6 Pitas (at least 2 ounces (56 grams) each, enriched or whole grain, halved)

## DIRECTIONS

1. Chop the sun-dried tomatoes into small pieces and set aside.
2. In a small bowl, combine the eggs, milk, and seasonings. Whisk well.
3. Add the chopped sun-dried tomatoes and fresh spinach. Mix one more time.
4. Over medium heat, heat oil in a small skillet. Once hot, pour in the egg mixture.
5. Flip the eggs and break them up to make a scramble, until they are cooked to your liking.
6. Remove from the heat and sprinkle on feta cheese.
7. Put the pitas in the microwave for 30 seconds to warm, then slice them in half.
8. Open up each half to make a 'pocket' shape, stuff each half with the egg mixture.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

 Breakfast

## YIELD

6 Pitas

## PORTION SIZES

**Toddler:** ¼ Pita  
**Preschool:** ½ Pita  
**School Age:** ½ Pita  
**Adult:** 1 Pita