



Pita Stuffed with Tomatoes & Scrambled Eggs

Ingredients:

- 1 large tomato
- 4 egg whites
- 1 small onion
- 100% whole wheat pita (cut in half)
- 1/4 teaspoon oregano

Directions:

Rinse and chop tomato and onion. Heat a nonstick skillet to medium high heat and sauté the tomato and onion in olive oil for about 3-4 minutes until onions are translucent. Add the eggs and the oregano to skillet, lower heat and scramble until the eggs become firm. Stuff into pita bread. You may also warm the pita in an additional skillet. Makes 2 servings.



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