



Spinach Egg & Cheese Wraps

Ingredients

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- 1 whole wheat tortilla
- ½ cup liquid egg whites or 4 egg whites
- ½ cup fresh or frozen spinach
- 2 TBSP shredded part-skim mozzarella cheese
- Salt and pepper to taste

Directions:

1. Heat a pan over medium-heat; Coat with cooking spray and pour in egg whites
2. Fold over and remove from pan when both sides are cooked; Season with salt and pepper to taste
3. Add fresh or frozen spinach to same pan and cover for 1-2 minutes, until wilted; Set aside
4. Add egg whites and spinach to tortilla; Sprinkle with cheese; Wrap up and cut in half
5. Enjoy!

Cookware needed:

- Frying pan or skillet
- Spatula
- Plate

Cost: \$

Ease: 

Health Benefit: Egg whites are a great source of lean protein to support maintenance of lean body mass. Spinach is packed with antioxidants and fiber to promote gut health and prevent chronic disease. Part-skim cheese is lower in saturated fat and contains calcium for healthy bones.