

SCRAMBLED EGG POCKETS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: Makes 4 servings, 1 filled pocket each

Nutrition (per serving)

Calories: 195

Sodium: 450 mg

Total Fat: 5 g

Total Carbohydrate: 23 g

Saturated Fat: 1 g

Protein: 15 g

PREP TIME: 15 min

COOK TIME: 10 min

TOTAL TIME: 25 min



Ingredients

1/2 cup tomato, chopped and seeded

1/4 cup onion, chopped

2 Tbsp green bell pepper, chopped

6 eggs (or 1 1/2 cup egg substitute)

1/4 tsp dried tarragon (or use 1 tsp fresh chopped tarragon)

1/4 tsp salt

2 pita breads, cut in half and opened to form pockets

shredded lettuce, kale or Brussels sprouts



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Directions

1. Spray 10 inch skillet with nonstick cooking spray. Cook tomato, onion and bell pepper over medium heat about 3 minutes, stirring occasionally, until onion is tender.
2. Mix eggs, tarragon and salt together in a bowl until smooth. Pour into skillet.
3. As mixture begins to set at bottom and side of skillet, gently lift cooked portions with spatula so the thin, uncooked portions can flow to the bottom. Avoid constant stirring. Cook 3 to 5 minutes or until eggs are thickened throughout, but still moist.
4. Spoon mixture into pita bread pockets. Top with greens.