

Egg Wrap

- 2 eggs
- 1 whole wheat pita wrap, heated in a hot iron pan just until warm but not brown
- 1 T each red onion, orange bell pepper, avocado, feta finely chopped
- 1 sun-dried tomato in oil, finely chopped
- 2 t chives, finely chopped
- 1 t each Dijon mustard, butter
- sea salt and freshly ground pepper

Mix the eggs with the Dijon, salt & pepper then add crumbled feta and sun-dried tomato. Heat butter in a medium-sized pan, then sauté onion and pepper until softened. Add egg mixture to the pan, flipping when set. Place the cooked quasi-omelet on the warmed tortilla, adding the avocado and chives. Fold and eat.

If you are concerned about getting the tortilla to just the right amount of heated and not into the browning crispy state that will crack rather than fold, just put a bit of crumbled cheese onto the tortilla and remove it from the pan when the cheese melts.

Jittery Cook