FLEURISH / DOCTOR'S KITCHEN

Egg & spinach pita

with oregano & feta

Warm pita pockets filled with tender eggs and spinach.



Serves 2 **Prep 5 min** **Cook 5 min** **Total 10-15 min**

INGREDIENTS

- ☐ 4 large eggs
- ☐ 2 packed cups baby spinach (about 2 oz)
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp dried oregano
- ☐ 1/4 tsp black pepper
- ☐ 1/8 tsp salt
- ☐ 2 whole-wheat pitas (6 to 6 1/2 inches)
- ☐ 1/4 cup crumbled feta (about 1 oz), optional

LET'S COOK

☐ **1. Prep**

Beat eggs with salt. Chop large spinach leaves. Warm each pita in a dry skillet, 30 seconds per side, or microwave both in a damp paper towel for 15 to 20 seconds. Halve into four pockets; keep wrapped.

☐ **2. Cook the spinach**

Heat oil in a nonstick skillet over medium heat for 30 seconds. Stir in spinach for about 1 minute, until wilted.

☐ **3. Scramble**

Reduce heat to medium-low; add eggs. Wait 10 to 15 seconds, then gently push from the edges inward for about 2 minutes. Add oregano and pepper. Cook until no liquid egg remains and the center reaches 160 F.

☐ **4. Fill & enjoy**

Divide eggs among four pockets. Add feta if using, about 1 tbsp per pocket. Serve two pockets per person.

Best fresh. Refrigerate leftover filling, covered, up to 3 days; reheat until hot and fill a freshly warmed pita.