

Hip-Hop Pita Pocket

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Bell pepper, diced		2 cups		8 cups
Eggs		10 eggs		40 eggs
Egg whites		2 eggs whites		8 egg whites
Non-fat milk (or water)		1/2 cup		2 cups
Mexican seasoning (optional)		1/2 Tbsp		2 Tbsp
Tomatoes, fresh or canned, diced		2 cups		8 cups
Pitas		12 pitas		48 pitas

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	153	
Total Fat	5 g	
Protein	10 g	
Carbohydrates	19 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	181 mg	

Directions

1. Spray a large 12x14 non-stick pan. Sauté bell peppers for 1 minute over medium heat; reduce heat to medium-low.
2. Blend eggs, milk and Mexican seasoning (optional) in a bowl.
3. Pour over bell peppers. Cook, scrambled egg-style until almost firm.
4. Stir in tomatoes. Continue cooking until firm throughout. Keep warm.
5. Portion 3/4 cup of egg mixture into 1 pita.

Notes

Serving Tips:

This dish can be made with any variety of vegetables that may be leftover. Try it with asparagus, onions or broccoli!