

Breakfast Egg Wrap

SERVES 4-6

Ingredients

- 4 eggs
- ½ cup frozen spinach, thawed and drained
- 2 whole wheat tortillas
- ¼ cup of shredded cheese
- 1 tablespoon of olive oil
- Optional: 2 slices of ham



Instructions:

Heat a medium sized pan over medium heat. Add 1 tablespoon of olive oil to pan.

Place 4 eggs into a bowl and beat together. Add defrosted spinach to the eggs and beat until incorporated. Pour half of the egg mixture into the pan and swirl the pan around so the egg has spread throughout the pan in an even layer.

Cook for about 2-3 minutes, then place tortilla flat onto egg. Cook another 1-2 minutes, then flip the tortilla and egg over (so that the tortilla is now on the bottom of the pan). Cook for another 3 minutes, then add 2 tablespoons of shredded cheese over the egg. Continue cooking until the cheese is melted (another 1-2 minutes). If using ham, place 1 slice of ham over the cheese, then remove tortilla/egg from the pan. From one end of the tortilla, roll up the tortilla and let it sit for 2-3 minutes before slicing. Slice into pinwheels or in half. Repeat above procedures with remaining egg, cheese and tortilla.

Make It Fun: Make “Green Eggs and Ham”. Instead of beating the eggs and spinach, using a blender, blend the eggs with the frozen spinach until mixture turns green. Continue with above recipe.

Banana Nut Butter Pinwheels

SERVES 4-6

Ingredients

- 2 whole wheat tortillas
- ¼ cup any nut butter (ex. Peanut butter, almond butter, sunflower butter)
- 2 bananas, peeled

Instructions:

Spread 2 tablespoons of nut butter onto one tortilla. Place banana closer to one end of tortilla and roll the tortilla around banana. Repeat with second banana, tortilla and nut butter. Slice into 2 inch rounds.

Make It Fun: Make it into a caterpillar! After making the rounds, place rounds in a row. Break 1 thin pretzel stick in half and stick it on top of the first round (as antennae).



Turkey and Veggie Pinwheels

SERVES 4-6

Ingredients

- 2 whole wheat tortillas
- 1 cups of baby spinach, washed and dried
- 6 slices of deli-sliced turkey breast
- 1/2 cup of grated carrots
- 1 red bell pepper, julienned
- 1/2 cup shredded cheddar cheese



Instructions:

Place one tortilla in a pan over low heat. Sprinkle 1/4 cup of cheddar cheese over the tortilla. Remove the tortilla from heat once the cheese has melted and turn off the stove. Place one layer of spinach over cheese and then place 3 slices of turkey breast. Next, place carrots and bell pepper in a single layer on one half of the tortilla. Starting at one end with the carrots and peppers, roll the tortilla into a burrito. Slice into 1-inch rounds. Repeat the above steps with the second tortilla. Slice into 2-inch rounds.

Make it Fun: Make it into pinwheel flowers. Place the pinwheel slices flat on one side. Use carrot or cucumber or bell peppers sticks as the “stem” for the “pinwheel” flower.