

MONTEREY JACK AND EGG PITA POCKETS

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

SERVINGS: 4

PREPARATION TIME:

15 minutes

INGREDIENTS

1/2 cup (125 mL) pizza sauce, no salt added

4 eggs, scrambled

2 1/2 cups (625 mL) your choice of vegetables (zucchini, bell peppers, celery, green onions, etc.), grated

6 oz (180 g) Canadian Monterey Jack, grated

12–15 whole wheat mini-pitas (or 4 large pitas), cut in half

INSTRUCTIONS

STEP 1

Mix pizza sauce, eggs, vegetables and Monterey Jack.

STEP 2

Stuff pita halves with the mixture and add to lunch box, along with crudité.

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