



Spinach, Tomato, Feta & Egg Wrap



Entire recipe: 218 calories, 5.5g total fat (2.5g sat. fat), 578mg sodium, 29.5g carbs, 10g fiber, 5.5g sugars, 16.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 1 large low-carb flour tortilla with 100 calories or less
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- 1/2 cup chopped spinach
- 2 tbsp. bagged or drained sun-dried tomatoes, chopped
- 1 tbsp. canned fire-roasted diced tomatoes with garlic
- 1 1/2 tbsp. crumbled feta cheese with tomato & basil (like [the kind by Athenos](#))

Directions

Microwave tortilla for 20 seconds, or until warm and pliable.

Bring a medium skillet sprayed with nonstick spray to medium heat. Add egg whites/substitute to evenly coat the bottom. Cook for 1 minute, or until solid enough to flip. Carefully flip. Cook for 1 more minute, or until fully cooked. Fold in half, and place egg patty on the center of the tortilla.

Remove skillet from heat, respray, and return to medium heat. Add spinach, sun-dried tomatoes, and canned tomatoes. Cook and stir until spinach has wilted, about 1 minute. Add cheese. Cook and stir until hot, about 1 minute.

Top egg patty with spinach mixture. Wrap tortilla up like a burrito: First fold in the sides, then roll it up from the bottom.

Spray an air fryer with non-aerosol nonstick spray. Place wrap in an air fryer, seam side down. Set air fryer to 375°F (or the nearest degree). Cook until golden brown and crispy, about 5 minutes. (No air fryer? Crisp up your wrap in a toaster oven.)

MAKES 1 SERVING

HG Alternatives! Can't find tomato & basil feta? Use regular feta, and add some fresh basil. Can't find fire-roasted diced tomatoes with garlic? Use traditional fire-roasted tomatoes, and stir in 1/4 tsp. chopped garlic.

DIY at home! [Click here](#) to see how.

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