Michele Sodon

EGG WHITE AND SPINACH WRAPS

KICK-START YOUR METABOLISM WITH THIS HEALTHY EGG AND SPINACH WRAP.

NUTRITION PER SERVING:

CALORIES	288
PROTEIN	21 G
CARBOHYDRATE	28 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	10 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	1 WRAP

INGREDIENTS:

1 TSP	OLIVE OIL
1	GARLIC CLOVE, MINCED
¼ C	TOMATO, FINELY CHOPPED
2 C	SPINACH, ROUGHLY CHOPPED
1 C	EGG WHITES
2	SPROUTED GRAIN TORTILLAS, PALEO WRAPS, RICE TORTILLAS OR DO A LETTUCE WRAP
2 TBSP	PESTO (PURCHASE IT PRE-MADE, OR COMBINE ½ CUP WALNUTS, 2 CUPS BASIL LEAVES, 2 CLOVES GARLIC, ¼ CUP OLIVE OIL, AND 1 TABLESPOON LEMON JUICE IN A FOOD PROCESSOR AND BLEND UNTIL IT BECOMES A PASTE.)
	DASH OF SALT AND PEPPER

01 Spread a tablespoon of pesto over each tortilla and set aside.

02 In medium-sized skillet warm the olive oil over medium heat.

03 Add the garlic and sauté until golden.

04 Add the tomato and cook for another 3 minutes.

05 Add the spinach and cook until it is soft and wilted. Remove the veggies from skillet, set aside in a bowl.

06 Pour the egg whites into the skillet, season with salt and pepper. Cook until the egg is no longer runny.

07 Arrange half of the egg whites in a line down the center of each tortilla. Top with half of the veggies and then fold the ends up and wrap like a burrito.

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