



Mediterranean Tomato Egg Scramble Wrap

Ingredients

Cherry tomatoes 1 pint
Whole eggs 6
Chili flakes 1 pinch
Salt and pepper 1 pinch
Olive oil 2 tbsp
Whole-wheat wraps 2 small

Directions

1. Place all cherry tomatoes in a blender and pulse until smooth.
2. Add tomato puree to a nonstick skillet on medium heat with olive oil.
3. Add spices and cook until all water is evaporated (around 8 minutes).
4. In a bowl, beat eggs.
5. Add eggs to tomato mixture.
6. Cook for 6-8 minutes, or until eggs have separated from the side of the pan.
7. Place egg mixture into wraps.

Nutrition Facts

Serving size: 2 wraps
Recipe yields 1 serving