



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Egg and Spinach Power Wrap

Featured Item: Spinach

Serving Size: 1 wrap • Yield: 6

Fun Facts:

- Spinach is related to beets.

Try It!

- Use spinach on sandwiches instead of lettuce.

INGREDIENTS

Spinach, Raw, Local : **6 cups**

Olive Oil, Extra Virgin: **1 tablespoon**

Eggs, Scrambled: **6 each**

Cheese, Mozzarella, Shredded: **3/4 cup**

Tortilla, Flour, Whole Grain: **6 each**

Bacon, Cooked, Round: **6 slices**

DIRECTIONS

1. Scramble eggs.
2. Prepare bacon.
3. Prepare spinach: Roughly chop spinach. In large skillet, heat spinach for about 3 minutes or until it is wilted.
4. Place 6 tortillas on a flat surface. Place egg lengthwise in center of tortilla. Top with 1 slice bacon. Place 1/4 cup spinach and top with 1 ounce cheese. Wrap.

Source: Pisanick Partners, LLC.