

Baked Feta-Eggs + Sauteed Veggie Wrap

Ingredients

- 4-6 whole wheat tortillas
- 1 tsp butter (for greasing)
- ¾ cup crumbled feta or 7-8 oz block of feta
- 6-8 eggs
- 1 Tbsp olive oil
- ½ yellow squash, diced
- ½ bell pepper chopped (if using multiple colors, dice about ¼ of one each)
- ½ cup mushrooms, sliced
- 2 green onions, chopped
- 1 handful spinach
- 1 handful of arugula
- 4-6 slices of turkey
- Salt and black pepper to taste



Instructions

1. Preheat oven to 400 F
2. Grease an 8x8 baking dish with softened butter.
3. Add feta (crumbled or whole block) to the center of the dish.
4. Crack eggs around the feta. Drizzle with olive oil, and season with salt and black pepper.
5. Bake for 20-22 minutes, or until most of the eggs are just set (a little runny in the center is okay- they'll keep cooking once stirred).
6. Once out of the oven gently stir the eggs and feta together with a fork until creamy.
7. While the eggs bake, saute your veggies:
 - a. In a hot pan with a drizzle of olive oil, cook the squash, bell peppers, mushrooms, and green onions until soft.
 - b. Stir in spinach and arugula at the end just until wilted.
8. Assemble wraps:
 - a. Lay out a tortilla, add a scoop of the baked feta eggs, a generous spoonful of sautéed veggies, and a slice of turkey.
 - b. Wrap tightly and optionally roll in parchment paper for a quick grab-and-go option.

Meal prep tips

- Wraps will keep in the fridge for up to 4 days
- Store them individually wrapped in parchment or foil for easy reheating
- To reheat: microwave 30-45 seconds or toast in the air fryer
- If you like spice, add a smear of harissa or a few dashes of hot sauce before rolling