

Grab-and-Go Breakfast Pitas

Serves 4; 1 stuffed pita half per serving

No waiting in a drive-through line for these portable pitas! The protein and whole wheat will keep you going through the morning—without the saturated fat, cholesterol, and sodium of fast food.

- 2 6-inch whole-wheat pita pockets
- 1 teaspoon canola or corn oil
- 1/4 cup chopped green onions (about 2 medium)
- 2/3 cup soy-based sausage crumbles
- 1 cup egg substitute
- 2 tablespoons salsa (lowest sodium available)

In a medium skillet on medium-high heat, warm the pitas slightly, about 30 seconds on each side. Transfer to a plate and cover with another plate to keep warm.

Pour the oil in the skillet, swirling to coat the bottom. Cook the green onions for about 2 minutes, or until beginning to soften.

Stir in the sausage crumbles. Cook for about 2 minutes, or until just heated through.

Pour in the egg substitute. Reduce the heat to medium low. Cook for 2 to 3 minutes, or until set, stirring often.

Cut the pitas in half. Spoon the egg mixture into each. Drizzle with the salsa.

Nutrition Tip: Soybeans provide easily digested, high-quality protein and essential amino acids. Meat-free soy-based products that replace sausage, bacon, and burgers offer all the taste without the fat.

Nutrition Analysis (per serving)

Calories	148
Total Fat	2.5 g
Saturated Fat	0.5 g

Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	425 mg
Carbohydrates	20 g
Fiber	3 g
Sugars	2 g
Protein	12 g

Dietary Exchanges

1 1/2 starch

1 1/2 very lean meat

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