Dinner

Cheesy Egg and Spinach Pita Panini

Warm pita halves are filled with tender eggs, cottage cheese, sun-dried tomatoes, and spinach, then pressed until golden with melty mozzarella inside.

15 min	180	20 g	2 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 2 servings

- [ ] 1 whole grain pita bread (cut in half)
- [ ] 1 oz cooking spray
- [ ] 1/4 cup liquid egg substitute
- [ ] 1 large eggs
- [ ] 1/4 cup 1% fat unsalted cottage cheese
- [ ] 2 tbsp oil-packed sun-dried tomatoes (drained and chopped)
- [ ] 1/4 tsp dried basil
- [ ] 1/4 tsp black pepper
- [ ] 1/8 tsp garlic powder
- [ ] 1 cup baby spinach
- [ ] 2 tbsp part-skim mozzarella (shredded)

Method

- [ ] **1** Coat a nonstick pan with cooking spray and set it over medium heat.
- [ ] **2** Whisk the large egg with the liquid egg substitute, pour into the pan, and cook until partially firm.
- [ ] **3** Stir in the 1% fat unsalted cottage cheese, oil-packed sun-dried tomatoes, dried basil, black pepper, and garlic powder, then keep cooking until the eggs are fully set.
- [ ] **4** Press half of the shredded part-skim mozzarella onto the inside of one half of the whole grain pita bread.
- [ ] **5** Top with half of the baby spinach and spoon in half of the egg mixture.
- [ ] **6** Repeat the layers in the second pita half with the rest of the mozzarella, baby spinach, and egg mixture.
- [ ] **7** Heat a grill pan or skillet over medium heat and coat it lightly with cooking spray.
- [ ] **8** Place the stuffed pitas on the hot pan cheese side down and cook until browned and the cheese melts.
- [ ] **9** Flip each pita over and cook until the other side is browned.

Nutrition Facts

Per serving

Calories	**180**
Total fat	6 g
Saturated fat	2 g
Sodium	290 mg
Total carbs	20 g
Fiber	3 g
Total sugars	2 g
Protein	15 g

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