

# Avocado Pita Breakfast Sandwich

Prep: 10 min  
Cook: 4 min  
Serves: 4

## Ingredients:

- 6 eggs
- 3 tablespoons milk
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh oregano
- ¼ teaspoon kosher salt
- 1 tablespoon olive oil
- ¼ cup crumbled feta cheese
- 2 whole wheat pita bread pockets
- 4 uncured, preservative-free chicken sausage patties, cooked according to package directions
- 1 avocado, peeled, pitted and sliced thinly
- ½ large red bell pepper, seeded and sliced

## Directions:

1. Whisk together eggs, milk, thyme, oregano and salt in a medium bowl.
2. Heat the oil in a medium sauté pan over medium heat. Scramble egg mixture 2 to 3 minutes. Add feta and continue to scramble 1 minute, or until almost set.
3. Slice pita pockets in half. Evenly divide scrambled eggs between the pita halves.
4. Add 1 sausage patty, sliced avocado and sliced bell pepper to each sandwich. Serve immediately.



Nutrition Information		
Serving size: 238g	4 servings	Calories: 410
Amount per Serving		% Daily Value
Total Fat	26g	33%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	320mg	107%
Sodium	720mg	31%
Total Carbohydrate	25g	9%
Dietary Fiber	4g	14%
Total Sugars	3g	
Added Sugars	0g	
Protein	20g	
Vitamin D	2mcg	10%
Calcium	142mg	10%
Iron	3mg	15%
Potassium	524mg	10%