

Mediterranean Breakfast Pitas

Ingredients:

- 4 large eggs, at room temperature
- Salt
- 2 whole-wheat pita breads with pockets, cut in half
- 1/2 cup hummus (4 ounces)
- 4 ounces crumbled Maplebrook Smoked Feta Cheese
- 1 medium cucumber, thinly sliced into rounds
- 2 medium tomatoes, large dice or 12 grape tomatoes
- Handful of fresh parsley leaves and baby arugula
- Freshly ground black pepper
- 1 tbs za'atar (optional)

Instructions:

1. Fill a medium saucepan with water and bring to a boil. Gently place your room-temperature eggs in the water and cook for 7 minutes.
2. Drain the water and run the eggs under cold water to cool.
3. Peel the eggs and cut into 1/4-inch-thick slices.
4. Sprinkle with salt and set aside. Spread the inside of each pita pocket with 2 tablespoons of hummus.
5. Place crumbled Feta, arugula and a few cucumber slices and some diced tomato into each pita.
6. Tuck 1 sliced egg into each pita and sprinkle with za'atar.

