



Entrée Western Pitais

Yield: 4

Prep time: 10 min

Cooking time: 5 min

Ingredients	Metric	Imperial	Method
Butter	30 ml	2 tbsp	Heat medium non stick skillet over medium heat. Add butter. When melted, add onion and green pepper. Cook until soft, stirring frequently, about 5 minutes. Add ham.
Onion, finely chopped	75 ml	1/3 c	
Green pepper, finely chopped			
Cooked Ham, chopped	125 ml	1/2 c	
Eggs	6	6	Beat together eggs, salt and cayenne pepper. Pour into skillet. As mixture begins to set, gently move spatula across bottom and sides of pan to form large, soft curds. Cook until eggs are thickened but are still moist.
Salt and cayenne pepper to taste			
Pita breads, cut in half	4	4	Spread a little mustard inside pita halves. Spoon filling into pita halves and garnish with lettuce and cheese.
Prepared Mustard			
Lettuce leaves	4	4	
Monterey Jack or Cheddar cheese, grated	250 ml	1 c	

Source: Canadian Egg Marketing Agency

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