

Breakfast Burrito

Recipe Type: Main Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 5 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 4 medium size flour tortillas
- 1/2 red onion
- 1 medium tomato
- 1/4 C medium bell pepper
- 1 C reduced fat shredded cheddar cheese
- 1 C egg substitutes or 4 eggs
- 1/2 t black pepper
- 1/2 t chili flakes
- 1/4 t hot sauce
- 1 T canola oil
- 1/2 C black beans, rinsed

What to do:

1. Wash your hands.
2. Dice the onions, tomato and pepper.
3. Spray a medium skillet lightly with cooking spray and cook the veggies until they are soft.
4. Mix the eggs, black pepper, chili and hot sauce in a bowl with a fork.
5. Add the eggs to the pan and cook on low heat for 5 minutes.
6. Add the beans and cheese cook until the cheese is melted.
7. When your eggs are cooked place 1/4th of the eggs in the middle of each tortilla.
8. Wrap the tortilla and cook for 1 to 2 minutes.
9. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 burrito (214g)

Amount Per Serving

Calories 270

Calories from Fat 120

%Daily Value*

Total Fat 13 g **20%**

Saturated Fat 4 g **20%**

Trans Fat 0 g

Cholesterol 195 mg **65%**

Sodium 450 mg **19%**

Total Carbohydrate 24 g **8%**

Dietary Fiber 3 g **12%**

Sugars 4 g

Protein 14 g

Vitamin C 25%

Calcium 20%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.2;

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