

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:

½ red onion
1 medium tomato
¼ C medium bell pepper
Cooking spray
4 eggs or 1 C egg substitutes
½ t black pepper
½ t chili flakes
¼ t hot sauce
½ C black beans, rinsed
½ C reduced fat shredded cheddar cheese
4 medium size flour tortillas

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 ¼th 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.

Contains: Wheat, Milk and Egg

Nutrition Facts

4 servings per container

Serving size **1 Burrito (189g)**

Amount per serving

Calories **290**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 150mg **50%**

Sodium 450mg **20%**

Total Carbohydrate 32g **12%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 15g

Vitamin D 1mcg **6%**

Calcium 273mg **20%**

Iron 2mg **10%**

Potassium 254mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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