

Breakfast Burritos

10 servings

Eating breakfast provides your body with the energy it needs to start the day, helps you to stay alert, and can improve your mood.

- 12 eggs
- Salt and pepper, to taste
- 1 Tablespoon vegetable oil
- ½ cup onion, scrubbed with clean vegetable brush under running water, diced
- ½ cup green pepper, scrubbed with clean vegetable brush under running water, diced
- 1½ cups Cheddar cheese, shredded
- 10 whole wheat flour tortillas
- Salsa (optional)



1. Wash hands with soap and water.
2. Break eggs into a medium-sized bowl. Wash hands with soap and water after cracking raw eggs. Season with pepper and salt as desired. Whisk the eggs with a whisk or fork until combined.
3. In a large skillet over medium-high heat, heat vegetable oil. Add onion and green pepper and cook until tender, about 5 minutes.
4. Add eggs to the green pepper mixture and use a spatula to scramble until cooked through. Remove from heat and set aside.
5. Place tortilla on a plate, add scrambled egg mixture. Top with a sprinkle of cheese and salsa, if desired.
6. Make burrito by folding two sides in and then rolling. Continue to assemble additional burritos using the same process.
7. Store leftovers in a sealed container in the refrigerator for up to four days.
8. To freeze burritos for later: Place burritos in the refrigerator until cooled. Once cooled, tightly wrap each burrito in tin foil and place in the freezer for up to 3 months. To reheat, unwrap and place burrito on a microwave-safe plate. Microwave on high 2-3 minutes, flipping it every minute. Let it cool slightly before eating.

*If desired, add cooked sausage and/or diced potatoes to these burritos.

Nutrition Information per Serving: (1 burrito) Calories 320, Total Fat 17g, Saturated Fat 7g, Total Carbohydrate 30g, Dietary Fiber 4g, Sodium 570mg, Protein 17g, Vitamin D 6%, Calcium 15%, Iron 15%, Potassium 6%.