



## Breakfast Burrito

SERVINGS: 6 BURRITOS

PREPPING TIME: 10 MINS

COOKING TIME: ~5 MINS

### INGREDIENTS

Six 8" whole grain or high fiber tortillas  
6 large eggs  
1 can low sodium pinto beans, rinsed  
and drained  
1 tsp. olive oil  
2/3 cup reduced-fat shredded cheese  
1/2 cup chopped cilantro  
1/2 cup chopped green onion  
6 tbsp. of salsa  
Several dashes of hot sauce (optional)

### DIRECTIONS

1. Crack the eggs into a medium bowl and whisk with a fork until they turn pale yellow. Stir in the beans and season with hot sauce.
2. Pour the oil into a medium skillet over medium heat. Add the egg mixture and cook, stirring frequently, until just set (about 2-4 minutes).
3. Mix in the cheese, cilantro, and green onion. Transfer to a bowl.
4. Briefly run each tortilla under water, then warm it in the microwave (10-20 seconds) or in a skillet.
5. Lay a tortilla flat and spread on 1 tbsp. of salsa. Add 1/3 cup scrambled eggs on top.
6. Fold the tortilla over the filling, tuck in the sides, and roll it up with the seam side down. Repeat with the remaining tortillas.
7. If serving immediately, cut the burritos in half or serve whole.

### NUTRITION

Serving size: 1 burrito (174g)  
(per serving) 280 calories, 9g fat, 3g saturated fat, 195mg cholesterol, 680mg sodium, 35g carbohydrate, 9g fiber, 3g sugar, 18g protein