

Breakfast Burritos

When setting goals for healthier eating, choose small changes that will work for you - like making time for breakfast. These burritos are quick and easy to prepare, making them a great weekday breakfast choice.



Ingredients:

6 medium	Eggs	6 medium
2 Tbsp	Water	30 mL
½ tsp	Pepper	2 ½ mL
1 Tbsp	Vegetable oil	15 mL
4	Flour tortillas (10 inch)	4
2 medium	Tomatoes, diced	2 medium
1	Green onion, chopped	1
½ cup	Cheddar cheese, shredded, light	125 mL

Directions:

1. Preheat oven to 350°F (177°C).
2. In a medium bowl, mix eggs with water and pepper. Whisk with a fork until smooth.
3. In a heavy skillet, heat oil. Add egg mixture and stir gently until eggs are completely dry and scrambled. Remove eggs from the skillet.
4. Wrap flour tortillas in aluminum foil and heat in a 350°F (177°C) oven until warm and easy to fold.
5. Fill warmed tortillas with scrambled eggs and top with tomatoes, green onions, and cheese.
6. Wrap into a burrito.

Tip: Try using whole grain tortillas or top with other vegetables such as red or green peppers.

Makes 4 servings (1 burrito / 228 g)

Breakfast Burritos

Nutrition Facts			
Per ¼ of recipe (228 g)			
Amount	% Daily Value		
Calories 400			
Fat 16 g	25 %		
Saturated 4 g + Trans 0 g	20 %		
Cholesterol 250 mg			
Sodium 510 mg	22 %		
Carbohydrate 43 g	15 %		
Fibre 3 g	16 %		
Sugars 2 g			
Protein 18 g			
Vitamin A	25 %	Vitamin C	15 %
Calcium	10 %	Iron	30 %
Vitamin D	6 %		

Nutrient Claim	Amount per Serving
Source of fibre	3 g
Source of potassium	342 mg
Source of calcium	129 mg
Source of magnesium	35 mg
High in iron	3.5 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruits	0.5
Grain Products	2
Milk and Alternatives	0.25
Meat and Alternatives	0.75

This is a Choose Sometimes recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guidelines.