



Rise and Shine Breakfast Burrito

Servings 4 | Prep time 10 mins. | Total time 20 mins.

Equipment:

Medium bowl
Frying pan
Medium saucepan or medium-sized microwave-safe bowl

Utensils:

Whisk or fork
Knife
Spatula
Measuring cups and spoons

Ingredients

1 to 4 eggs
1/4 cup low-fat milk
Season to taste: salt, pepper, chili powder
1 teaspoon olive oil OR vegetable oil
4 large whole wheat tortillas, warmed
1 cup fat-free refried beans OR Celebrate Your Plate Five-Minute Refried Beans
1 cup cheddar cheese, shredded
1 medium tomato, chopped

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans (if using canned refried beans), and produce.
2. Mix eggs, milk, salt, black pepper, and chili powder in a medium bowl.
3. Heat oil in frying pan over medium-high heat, or 250 degrees on an electric skillet.
4. Pour egg mixture into frying pan. Stir frequently with spatula, cooking until firm.
5. Warm the refried beans in a medium saucepan--or microwave in a microwave-safe bowl--until warmed through.
6. On each tortilla, layer 1/4 of refried beans, eggs, cheese, and tomato.
7. Roll the burrito and cut in half.

Nutritional Information:

Calories 470
Total Fat 18g
Sodium 920mg
Total Carbs 56g
Protein 24g