



Rise and Shine Breakfast Burrito

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

Equipment: Bowl, Skillet (or Electric Skillet), Pan, Measuring Cups and Spoons

Utensils: Whisk or Fork, Knife, Spatula

Ingredients

4 eggs

¼ cup low-fat milk

A pinch of salt, pepper, and chili powder, to taste

1 teaspoon olive or vegetable oil

4 10-inch whole wheat flour tortillas, warmed

1 cup fat-free refried beans, or Celebrate Your Plate Refried Beans

4 ounces shredded, reduced fat cheddar cheese

1 tomato, chopped

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans, if using canned refried beans.
2. Mix eggs, milk, salt, pepper, and chili powder in a bowl.
3. Heat oil in skillet over medium-high heat, or 250 degrees in an electric skillet.
4. Pour egg mixture into skillet. Stir frequently with spatula, cooking until firm.
5. Warm the refried beans in a separate pan--or microwave in a microwave safe dish--until warmed through.
6. On each tortilla, layer ¼ 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