

Eat Smart • Move More

Breakfast Egg Burrito

Prep Time: 6 minutes

Total Time: 12 minutes



Ingredients

- 4 eggs
- 2 tablespoons 1% milk
- ½ teaspoon canola oil
- ½ onion, diced
- 1 tomato, diced
- 4 whole-wheat tortillas

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(142.69g)
Amount per serving		
Calories		200
		% Daily Value*
Total Fat	10g	13%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	185mg	62%
Sodium	260mg	11%
Total Carbohydrate	19g	7%
Dietary Fiber	4g	14%
Total Sugars	2g	
Includes g of Added Sugars		
Protein	10g	
Vitamin D	1mcg	6%
Calcium	44mg	4%
Iron	1mg	6%
Potassium	173mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Beat eggs and milk until blended in a bowl. Set aside.
- Heat oil in a skillet over medium heat until hot. Add onion and tomato to the skillet and cook until tender.
- Pour in egg mixture. As eggs begin to set, slowly pull the spatula across the pan until big, soft lumps form.
- Continue cooking by pulling, lifting, and folding eggs until thickened and no visible liquid remains.
- While eggs are cooking, wrap tortillas in paper towel and warm in the microwave, about 45 seconds.
- Split egg mixture into 4 equal servings and spread on each tortilla. Roll tortillas and serve warm.

Quick Tips

- ▶ Spice it up by adding jalapeños or bell peppers.
- ▶ You can also garnish this dish with cilantro or green onions.
- ▶ Try adding black beans or avocado for a more flavorful dish.

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(Recipe adapted from: <https://momfoodie.com>.)

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