



On-The-Go Breakfast Burritos



Marshfield Clinic
Health System

PREP/COOK TIME: 30 minutes • **SERVINGS:** 6

INGREDIENTS

- 6 large egg whites
- 3 whole large eggs
- ¼ cup fat-free milk
- ¼ red bell pepper, chopped
- ¼ green bell pepper, chopped
- ½ cup white onion, chopped
- ½ cup black beans
- 1 tablespoon of salsa
- 6 large multi-grain burrito tortillas
- ⅓ cup reduced-fat shredded cheddar
- Salt and pepper to taste

NUTRITION INFORMATION

Each burrito contains about 124.6 calories; 1.3 g fat; 1.2 g saturated fat; 47.7 g carbs; 12.9 g fiber; 14.1 g protein; 3.9 g sugar; 723.1 mg sodium

INSTRUCTIONS

Whisk together 6 large egg whites, 3 whole large eggs, ¼ cup fat-free milk, ¼ cup red bell pepper, ¼ cup green bell pepper, ½ cup white onion and ½ cup of black beans.

In a large skillet over medium-high heat, lightly coated with non-stick cooking spray, pour in the egg mixture and cook until eggs are done and veggies become tender.

Warm the tortillas in the microwave for a few seconds to get them nice and soft. Lay each tortilla out and fill with about ½ cup of the cooked eggs and veggies.

Top the egg mixture with 1 tablespoon of reduced-fat cheese and 1 tablespoon of salsa, and roll it all up with the ends tucked in to form your burrito.

TO FREEZE

Wrap each burrito tightly in cling wrap once cooled and place into a freezer-friendly Ziploc bag. Store in the freezer for up to six months.

When ready to enjoy, remove a burrito from the freezer and cling wrap. Wrap loosely in a paper towel and place into the microwave to cook for 1 – 1 ½ minutes (depending on the watts of the microwave.)