

Breakfast Burritos

- 2 tsp olive oil
- 1 yellow pepper, chopped
- 4 eggs, whisked
- ¼ cup salsa
- ½ cup no-salt-added black beans
- 4 corn or whole-wheat 6-inch tortillas
- shredded cheddar cheese and cilantro (optional)

In a small skillet, add oil and peppers. Cook over medium heat until soft, about 4 minutes. Add eggs and scramble with peppers until cooked through, about 4 minutes. Add salsa and black beans, and heat for 2 minutes. To serve, spread egg mixture in the center of a tortilla. Top with cheddar and cilantro (if using). Fold in both sides of tortilla over the filling, then roll to close. Serve immediately.



Makes 4
servings. Each:

- 192 calories
- 10g protein
- 8g total fat
 - 22g carb
 - 1g sugar
 - 4g fiber
- 153mg sodium