

Easy Breakfast Burritos

EASY recipe

- | | |
|--|----------------------------------|
| 8 eggs | 1 red bell pepper,
diced |
| Pinch salt and pepper | |
| 1 tbsp butter | ¼ cup salsa |
| 8 whole-grain tortillas | 2 tbsp chopped
fresh cilantro |
| 1 cup cooked black beans,
gently mashed | |



In a large bowl, crack and whisk eggs. **Add** salt and pepper. **In** a large nonstick skillet, melt butter over medium heat. **Add** eggs. **Cook**, stirring, until eggs are scrambled, about 5 minutes. **Arrange** tortillas on clean work surface. **On** each tortilla: Spread mashed beans along center. **Top** with peppers, salsa, eggs and cilantro. **Fold** up bottom of tortillas over filling, then fold in sides and roll up tightly. **Eat** immediately, or freeze for future breakfasts.

Makes 8 burritos. Per serving: 250 calories | 14g protein | 9g total fat | 4g saturated fat
2g mono fat | 1g poly fat | 28g carbohydrate | 3g sugar | 6g fiber | 345mg sodium