Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.

Makes: 2 Servings
Prep Time: 5 Minutes
Cook Time: 10 Minutes

Source: USDA Soulful Recipes

Ingredients

- **Non-stick cooking spray**
- **1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)**
- **1 cup egg substitute or 4 eggs**
- **2 (6-inch) flour tortillas**
- **¼ cup grated lowfat Cheddar cheese**

Directions

1. **Spray a medium skillet with nonstick cooking spray and heat over medium heat.**
2. **Cook vegetables until tender, about 5 minutes.**
3. **Add egg substitute and stir until thoroughly cooked, about 5 minutes.**
4. **Warm the tortillas in the microwave for 5 to 10 seconds.**
5. **Place half of the egg mixture in each tortilla and sprinkle with cheese.**
6. **Wrap the tortilla around the egg mixture and enjoy.**

Utensils Needed

- **Medium skillet**
- **Measuring cups & spoons**
- **Whisk or fork**
- **Microwave**

Small Changes, BIG Difference!

Vegetables | Grains | Protein | Dairy
ChooseMyPlate.gov

Nutrition Information

Serving Size: 1 Wrap

Nutrients	Amount
Calories:	191
Total Fat:	4g
Saturated Fat:	1g
Cholesterol:	3mg
Sodium:	537 mg
Total Carbohydrates:	19g
Dietary Fiber:	4g
Total Sugars:	1g
Added Sugars:	0g
Protein	21g

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

Average total cost of ingredients without oil and seasonings: $8.45

Average cost/serving: $4.23

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.
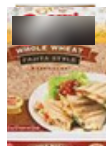
Ingredients

Add 1 to Cart
Large Grade A Eggs, 12 ct

Add 1 to Cart
Fat Free Cheddar Cheese, 1 bag

Add 1 to Cart
Whole Wheat 6-inch Tortillas, 1 package

Add 1 to Cart
Frozen Pepper and Onion, 1 bag

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Try using whole wheat tortillas to add some fiber.
- Consider using a block of low-fat cheese rather than pre-shredded to cut cost.