

Healthy Egg Burrito

Add more veggies to your breakfast with this healthy egg burrito. Try it with any of your favorite veggies or substitute canned beans instead of eggs!

Makes: 3-4 servings

Ingredients

- 3-4 whole grain tortillas
- Half a sweet red pepper (diced)
- 1 tbs fresh cilantro or dill (finely chopped)
- 2 handfuls of spinach (chopped)
- Small red onion (finely diced)
- 1/4 cup grated cheese (optional)
- 4 eggs
- 1 tsp canola oil for the pan
- Salt and pepper (to taste)

Directions

1. Crack eggs into a bowl and whisk (or use a fork) to mix well.
2. Heat a skillet over medium heat on the stove, and add oil to the pan.
3. Add chopped onions to the pan. Use a spatula to saute onions until they are translucent.
4. Add red bell pepper and saute for about 5 minutes.
5. Add spinach and cook until just slightly wilted.
6. Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.
7. Turn off heat and add cilantro, cheese, and salt and pepper to taste.
8. Fill heated tortillas with mix and fold into a burrito. Serve immediately.



Small Changes,
BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size:	1 Burrito
Nutrients	Amount
Calories:	280
Total Fat:	16 g
Saturated Fat:	6 g
Sodium:	520 mg
Total Carbohydrates:	21 g
Dietary Fiber:	0 g
Protein	16 g

Utensils Needed

- Knife
- Cutting Board
- Mixing Bowl
- Measuring Cups and Spoons
- Skillet/Saute Pan
- Whisk/Fork
- Serving Plate

SHOPPING LIST

Average total cost without oil and seasonings: \$6.16

Average cost/serving: \$2.05

Makes: 3-4 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
Whole Grain Tortillas



Add 1 to Cart
Small Red Onion



Add 1 to Cart
Sweet Red Bell Pepper



Add 1 to Cart
Shredded Cheese



Add 1 to Cart
Fresh Cilantro Bunch



Add 1 to Cart
Eggs 1 Dozen



Add 1 to Cart
Fresh Spinach

My Cooking Notes