



Bold Breakfast Burritos with Salsa

Servings: 4

Ingredients:

- 4 eggs
- ¼ cup skim or low-fat milk
- Nonstick cooking spray
- ½ cup low-fat cheese, shredded
- ½ cup salsa
- 4 whole-wheat or flour tortillas, warmed



Directions:

1. Wash hands and surfaces.
2. Beat milk and eggs together.
3. Coat frying pan with cooking spray. Pour egg mixture into pan and cook over medium heat until eggs become firm.
4. Put ¼ egg mixture in the center of each tortilla. Top with cheese and salsa. Fold and roll tortilla and serve.
5. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 250

Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 220mg **73%**

Sodium 440mg **18%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 14g

Vitamin A 8%

Vitamin C 4%

Calcium 10%

Iron 10%

Tips:

- Add black, kidney or other beans and vegetables.
- Power up with this breakfast burrito for breakfast.
- This burrito has less calories and about half the fat of a fast-food burrito.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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