

# Breakfast Burrito

START YOUR DAY OFF BY FILLING UP ON A HEALTHY BURRITO THAT TASTES GREAT



## ingredients

- 4 large flour or whole-wheat tortillas
- 2 tablespoons olive oil
- 1 garlic clove
- 1 small onion
- 1 green or red bell pepper
- 3/4 cup cherry tomatoes
- 1 cup canned black or pinto beans, drained or rinsed
- 1/2 cup grated cheese (cheddar is best)
- 4 eggs
- Dash of salt & pepper
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 tablespoons cilantro, finely chopped
- 1 lime wedge

## supplies

- Aluminum foil
- sharp knife
- cutting board
- 12-inch skillet
- small bowl
- spatula
- whisk or fork

- ▶ For a healthier version of this dish, try substituting tofu (firm or extra firm) for the eggs
- ▶ Meat lovers can substitute chopped sausage instead of beans.
- ▶ Spicy salsa or chopped jalapeño peppers can also be added for an extra flavor.
- ▶ This recipe serves 4 people.

—Alexis Burling

## WhatToDo:

- 1 Preheat oven to 200 degrees.
- 2 Wrap the stack of tortillas in aluminum foil and put them in the oven to warm.
- 3 Chop garlic, onion, pepper, and cherry tomatoes into tiny pieces. Set aside.
- 4 Grate cheese. Set aside.
- 5 Heat olive oil, garlic, onions, bell pepper, tomatoes, beans, cumin, and chili powder in a 12-inch skillet over medium heat until the onion becomes translucent, about 5 minutes (make sure the heat isn't up too high because the garlic will burn!).
- 6 Beat the eggs in a small bowl and add them to the skillet.
- 7 When the eggs are less runny, turn off the heat and sprinkle the mixture with salt, pepper, cilantro, and the juice from one lime wedge.
- 8 Unwrap the tortillas and portion out the skillet mixture into each one.
- 9 Sprinkle desired amount of cheese on top.
- 10 Wrap up, and enjoy!