

Breakfast Burrito with Three Types of Salsa

Servings: 1 burrito

Total Time: 15 minutes

Ingredients:

1 whole egg and 2 egg whites
2 tablespoons, shredded, low-fat cheddar cheese
1/4 cup canned low-sodium black beans, rinsed and drained
1 whole-wheat tortilla, six inch

Directions:

In a non-stick frying pan or skillet scramble eggs and beans.

When eggs are starting to softly form, add cheese.

Cook until eggs are fully scrambled and cheese is melted.

Fill tortilla with egg mixture and top with two tablespoons of your favorite salsa.

Nutrition Information per Serving:

262 calories, 10g total fat, 4.5g saturated fat, 21g protein, 22g carbohydrate, 317mg sodium



Chef Notes: Use any beans that you like. Pinto and black beans work best. Freeze leftover egg yolks, just add a little water before freezing, to use for baked goods around the holidays or make your own mayo.

Storage Tips: This dish is best eaten just after cooking.