

MAKE A GREAT PLATE.

Try this wrap for an easy, on-the-go meal.

Breakfast Burritos

INGREDIENTS

- 2 tsp **olive oil**
- 1 **yellow pepper**, chopped
- 4 **eggs**, whisked
- ¼ cup **salsa**
- ½ cup no-salt-added **black beans**
- 4 **corn** or **whole-wheat 6-inch tortillas**
- Optional: shredded **cheddar cheese** and **cilantro**

DIRECTIONS

In a small skillet, add oil and peppers. **Cook** over medium heat until soft, about 4 minutes. **Add** eggs and scramble with peppers until cooked through, about 4 minutes. **Add** salsa and black beans, and heat for 2 minutes. **To** serve, spread egg mixture in the center of a tortilla. **Top** with cheddar and cilantro (if using). **Fold** in both sides of tortilla over the filling, then roll to close. **Serve** immediately.

Makes 4 Burritos. Each: 192 calories • 10g protein • 8g total fat • 22g carb • 1g sugar • 4g fiber • 153mg sodium

