



Ingredients

- 2 eggs
- 2 slices of turkey bacon, chopped
- 1 tablespoon of water
- 1 ½ tablespoons olive oil or other oil, divided
- 1 tablespoon low-fat cheddar or similar cheese, shredded
- 2 fajita size whole wheat tortillas
- 1 cup of finely chopped vegetables

11

Zesty Breakfast Burrito

2 Servings

Preparation time: 8 minutes

Cook time: 10 minutes

Ready in: 18 minutes

Directions

1. Add olive oil (or other oil) to a medium nonstick skillet. Turn on medium-high heat and cook bacon and vegetables, stirring occasionally until vegetables are tender and bacon is crisp.
2. While occasionally stirring the vegetables and bacon, combine eggs and water into a small bowl and whisk. Add eggs into the skillet and stir until the eggs have set. Remove egg and vegetable mixture from the skillet and divide between the tortillas, top with cheese and then roll.
3. To toast and seal burritos, wipe skillet with a paper towel and add olive oil. Arrange burritos, seam-side-down and cook. Turn once or until they are golden brown.

Nutritional Information

With Turkey Bacon:

Calories: 286

Protein: 13 g

Fat: 6 g

Carbohydrate: 18 g

Fiber: 3 g

Without Turkey Bacon:

Calories: 250

Protein: 10 g

Fat: 6 g

Carbohydrate: 18 g

Fiber: 3 g