

Cheesy Breakfast Burrito

Makes 2 servings

Serving Size: ½ burrito

Ingredients

Non-stick cooking spray

2 strips turkey bacon

2 eggs

¼ cup chopped green bell pepper

1 (10-inch) whole-wheat tortilla

⅛ cup shredded cheddar cheese

1 tomato, sliced

Directions

Spray skillet with non-stick cooking spray. Cook turkey bacon over medium heat high heat, turning once, until crispy. Break into small pieces and set aside.

Crack eggs in a bowl and lightly beat with a fork. Using the same skillet and extra spray if needed, saute greens peppers over medium heat until tender.

Add eggs to skillet with peppers and continually stirring until eggs are set.

Divide cooked eggs into two portions. Place one portion on top of each tortilla.

Top with cheese, turkey bacon and tomato.

Wrap burrito.

Nutrition Information Per Serving

190 Calories, Total Fat 9g, Saturated Fat 2g, Protein 13g, Total Carbohydrate 15g, Dietary Fiber 2g, Sodium 300mg. Excellent source of vitamin C. Good source of calcium.

To Lean More, Contact:
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