Breakfast Wrap

INGREDIENTS:
1 Tablespoon vegetable or olive oil
1 small sweet potato, grated
1 cup fresh or frozen & thawed broccoli, diced
2 cups fresh or 1 cup frozen spinach
1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon salt
1 pinch cayenne pepper
2 Tablespoons water
6 eggs OR 16-ounces extra-firm tofu*

For wraps:
6-inch whole-wheat tortillas, warmed
Refried Beans
Salsa
Toppings of your choice!

INSTRUCTIONS:
1. For an egg breakfast wrap, heat oil in a large skillet set to medium heat.
2. Add the sweet potato and broccoli to the skillet and cook for about 5 minutes. Add spinach in the last minute or so.
3. Stir together garlic, chili powder, cumin, salt, cayenne, and water. Drizzle the spice mixture on top and stir to combine.
4. Once vegetables are cooked through, crack and whisk eggs and pour over the vegetable mixture. Cover, if desired, to wilt the greens.
5. Once the eggs have cooked through, remove from heat.
6. Enjoy as is or use tortillas to assemble into a wrap:
   • Scoop ½ cup of scramble onto a tortilla. Add refried beans, if using.
   • Roll into a wrap by folding the sides of the tortilla over the mixture until they nearly touch in the middle. Use your thumbs to bring up the bottom of the tortilla and roll, securing the tortilla around the mixture.
   • Toast wrap on a skillet or griddle to brown all sides.
   • Serve with salsa drizzled on top or on the side to dip… or freeze and reheat for a great grab-and-go breakfast!

*Note: If using tofu, drain and press to remove liquid by placing on a plate between paper towels and pressing with a heavy object for 10 minutes. Add tofu first to lightly brown, and then vegetables and spices. Enjoy!
In this recipe, we'll make a flavorful and hearty Refried Beans dish. Here are the ingredients and instructions for you:

**INGREDIENTS:**
- 2 Tablespoons olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 teaspoons chili powder
- 2 – 15-ounce cans pinto beans, drained and rinsed
- 1 cup water
- Salt and pepper
- 2 Tablespoons chopped cilantro leaves

**INSTRUCTIONS:**
1. Heat oil in a large skillet over medium heat. Add the onion and cook until tender, about 3 minutes.
2. Add the garlic and chili powder, stirring to combine, and cook for 1 more minute.
3. Stir in the beans and the water and cook until the beans are warmed through, about 5 minutes.
4. In the pan or transferred to a bowl, mash the beans with the back of a wooden spoon until it reaches desired consistency. Add more water, if needed.
5. Season with salt and pepper, to taste, and stir in cilantro leaves.
6. Enjoy on a wrap, burrito, taco, or as a side dish!
Salsa Roja

INGREDIENTS:

1 – 28-ounce can whole peeled plum tomatoes
½ medium onion, roughly chopped
½ cup fresh cilantro leaves
½ jalapeno, seeds removed (unless more heat is desired)
Salt and pepper, to taste

INSTRUCTIONS:

1. Place all ingredients into a blender or a container with high sides, if using an immersion blender. If a thicker salsa is preferred, reserve some of the liquid from the canned tomatoes.
2. Blend well to incorporate all of the ingredients.
3. Once it is to the consistency that you prefer, taste and season, if needed.
4. Serve immediately or store in a sealed container in the refrigerator for up to 5 days.

Note: if you do not have a blender, finely chop the onion, cilantro, and jalapeño. To break down plum tomatoes, use your hands, a potato masher, a knife, or any tool that you have available.