

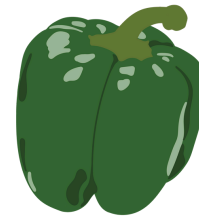
Breakfast Burritos

Serves 6



Ingredients:

- 6 eggs
- 2 teaspoons canola oil
- 1/8 to 1/4 cup (per burrito) of any three veggies, for example:
- Kale, Swiss chard, or collard greens, cut into thin ribbons Arugula or spinach Bell peppers, diced small Tomatoes, diced Broccoli, cut into small florets Onions, sliced or diced Mushrooms, sliced or diced Zucchini or yellow squash, cut into half moons Potatoes or sweet potatoes, grated Asparagus, cut into small pieces Whatever you have on hand!
- (6) 6-inch whole wheat tortillas
- 6 Tablespoons (~2 ounces) shredded cheese



Instructions:

1. In a medium bowl, whisk eggs.
2. Heat 2 teaspoons canola oil and add 1/8 cup of each prepared vegetable (1/4 cup or more of leafier vegetables) per burrito, starting with the longer cooking vegetables and then adding quicker cooking vegetables. Cook through or to desired crunchiness.
3. Pour the beaten eggs over the vegetables and stir continuously to scramble the mixture together.
4. Once cooked through, divide the egg and vegetable mixture and place each portion on the center of a tortilla and sprinkle with cheese.
5. To roll into a burrito, fold the right and left side of the tortilla until they nearly touch at the center of the mixture. Using your thumbs, bring up the bottom of the tortilla and begin to roll, securing the tortilla around the mixture so it looks like a cylinder.
6. Place burrito seam side down on skillet and toast until browned. Flip to brown the other side.
7. Serve immediately with your favorite side or freeze for a great microwavable grab-and-go breakfast. Enjoy!

