

BREAKFAST BURRITO

INGREDIENTS *(For: 12 burritos)*

- Cooking spray
- 1/3 cup chopped onion
- 1/3 cup chopped green bell pepper
- 12 eggs
- ½ cup milk
- 1 tsp salt
- ½ tsp pepper
- 1 cup shredded cheddar
- 12 medium whole wheat flour tortillas

INGREDIENTS *(Class Size: 24)*

- Cooking spray
- 2/3 cup chopped onion
- 2/3 cup chopped green bell pepper
- 24 eggs
- 1 cup milk
- 2 tsp salt
- 1 tsp pepper
- 2 cup shredded cheddar
- 24 medium whole wheat flour tortillas



DIRECTIONS

1. In a greased pan on medium heat, sauté the vegetables. Beat eggs and milk and add it to the pan. (Prepare class size in 2 batches).
2. Add salt and pepper, stirring occasionally, until eggs are set.
3. Scoop ½ cup egg mixture onto tortillas. Add shredded cheese. Fold ends under and roll up.
4. Wrap each burrito in parchment paper and freeze for up to 3 months. Reheat in the microwave for 1 to 2 minutes. Serve with salsa.

COOKING TIP

Liquid egg replacements can offer a timesaving shortcut. 1 egg can be replaced by ¼ cup of liquid egg replacement.

FACT

Eggs, milk and cheese all provide protein to help keep you satisfied longer than a meal without protein sources.