

Easy Breakfast Burrito

This recipe serves: 1
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients

1 egg
salt and pepper to taste
1 98% fat-free flour tortilla
1 ounce shredded, reduced-fat Cheddar cheese (or other cheese such as Monterrey Jack or mozzarella)

Cooking Instructions

1. Heat 2 non-stick skillet over a medium heat on the stove (one for the tortilla and one for the egg).
2. In a small bowl, whisk the egg with salt and pepper until the yolk and white are evenly mixed.
3. Place the tortilla in one skillet to warm it, about 1 minute per side.
4. Pour the egg mixture into the other skillet and stir until light, fluffy and cooked through.
5. Lay the warmed tortilla on a cooking board or plate and place the cooked egg in the middle, sprinkle with the cheese, roll up tightly and serve.

Nutrition Facts

Serving Size 1 burrito

Calories	269
Total Fat	10g
Saturated Fat	4g
Total Carbohydrate	28g
Dietary Fiber	0g
Sodium	456mg
Protein	15g
Percent Calories from Fat	35%
Percent Calories from Protein	23%
Percent Calories from Carbohydrate	42%

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