



Breakfast Burritos

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 1 burrito

Ingredients

- 1 teaspoon olive oil
- ½ medium onion, diced (about ½ cup)
- ½ medium bell pepper, diced (about ½ cup)
- ½ cup finely chopped broccoli
- Pinch ground black pepper
- 4 large eggs (can substitute half of a 16-ounce block of soft or firm tofu, crumbled into chunks and pat dry with paper towels)
- ¾ cup shredded cheddar cheese
- 4 tablespoons (¼ cup) salsa, divided
- 4 (10-inch) whole-wheat tortillas, warmed in the microwave for 15-30 seconds

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, bell pepper, broccoli, and black pepper. Cook, stirring often, until tender, about 5-7 minutes.
4. In a medium bowl, whisk the eggs together.
5. Move the vegetables to the sides of the pan and pour the eggs into the middle. Scrape the bottom of the pan with a rubber spatula as the eggs cook, keeping the eggs in the middle and the vegetables on the sides.
6. Once the eggs are cooked, mix in the vegetables and stir in the cheese. Remove the pan from the heat.
7. Top each warmed tortilla with a quarter of the egg mixture and 1 tablespoon of the salsa. Wrap into a burrito and set aside. Repeat with the remaining tortillas, egg mixture, and salsa.
8. Serve warm.

Recipe Notes

- These burritos freeze well. To freeze, let cool and wrap each burrito in plastic wrap, then place in a zip-top plastic bag. Freeze for up to 3 months. To thaw, unwrap a burrito and place it on a microwave-safe plate. Cover with a paper towel and microwave until the burrito is hot in the center, about 2 minutes.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 10 g | Saturated Fat: 2 g
Sodium: 450 mg | Total Carbohydrate: 34 g | Dietary Fiber: 2 g | Protein: 11 g**

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