

Make Ahead Breakfast Burritos

Adapted from: Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar

<http://www.extension.iastate.edu/foodsavings/recipes/make-ahead-breakfast-burritos>

Ingredients:

- 1 cup diced potato (1 medium potato)
- ½ cup diced onions (1/2 medium onion)
- 1 cup diced bell peppers (1 medium pepper)
- 8 beaten eggs
- 1/8 teaspoon garlic powder
- ¼ teaspoon pepper
- 1 cup shredded 2% reduced fat cheddar cheese
- 8 whole wheat flour tortillas (8 inch)

Directions:

1. Label freezer bag with the name, serving instructions, and use by date – 3 months from today.
2. Spray a large skillet with nonstick cooking spray.
3. Cook the potatoes for 6 to 10 minutes over medium heat.
4. Add onions and peppers to the potatoes.
5. Cook for 3 to 4 minutes until the potatoes are browned.
6. Add beaten eggs to the vegetable mixture.
7. Cook for 4 to 5 minutes over medium heat.
8. Stir off and on until there is no liquid.
9. Stir in the garlic powder and pepper.
10. Make burritos using diagram as a guide.
11. Use 2 tablespoons of cheese and ½ cup of the egg mixture for each burrito.
12. Wrap each burrito tightly in plastic wrap.
13. Freeze in a single layer on a cookie sheet.
14. Seal wrapped burritos into labeled freezer bag when they are frozen.

Makes 8. Serve with fruit and low-fat milk.

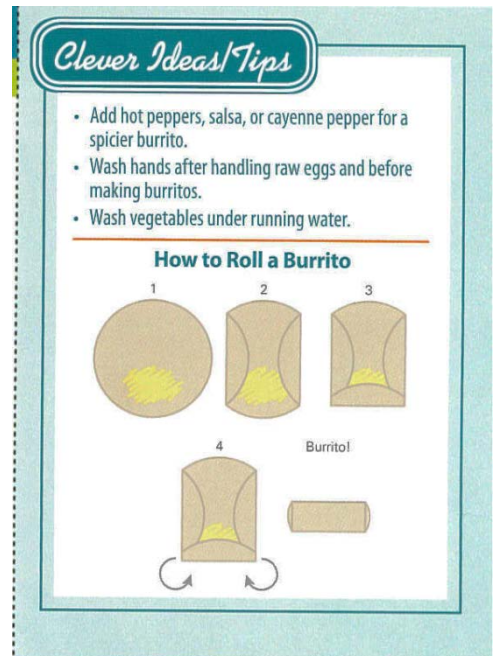
To use: Remove plastic wrap from burrito. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3 to 4 minutes.

PREP AHEAD to save time at class:

Dice onion & bell pepper and put into baggie. Refrigerate.

To make this healthier:

- Instead of using 8 eggs, use 3 whole eggs and ¾ cup egg whites.
- Use 2/3 cup 1% low-fat shredded cheese (about 4 teaspoons cheese per burrito).
- Use whole wheat tortillas
- Making these changes will save about 70 calories, 2 grams of fat, 120mg cholesterol, and 140mg sodium, while adding 3g fiber per burrito.



Tip: Doubles easily!

Kitchen equipment needed:

Large skillet

Knife

Cutting board

Whisk

Bowl

Large spoon or spatula

Measuring cups and spoons

Nutrition Information per serving: Calories 270; fat 9g; cholesterol 190mg; sodium 500mg; carbohydrate 31g; fiber 2g; protein 14g.