



Breakfast Burrito

Ingredients

- 1 jumbo egg plus 3 egg whites, beaten
or 1/2 c. Egg Beaters or other egg substitute
- 1 fresh green onion top, chopped
- 2 Tbsp low-fat cream cheese
- 2 Tbsp black beans
- 3 Tbsp chunky garden-type salsa
- 1 10" flour tortilla

Nutrition Facts (per serving)

With Eggs

Calories	423
Fat (g)	15
Saturated Fat (g)	-
Cholesterol (mg)	291
Sodium (mg)	965
Carbohydrate (g)	40
Fiber (g)	3
Protein (g)	29
Calcium (mg)	-

With Egg Beaters

Calories	336
Fat (g)	8
Saturated Fat (g)	-
Cholesterol (mg)	15
Sodium (mg)	965
Carbohydrate (g)	40
Fiber (g)	3
Protein (g)	22
Calcium (mg)	-

Preparation

Heat nonstick skillet and cook egg and onion. When eggs are almost cooked drop in pieces of cheese or cream cheese. Place tortilla over the eggs in the skillet to warm. Remove the warm tortilla, roll with scrambled egg mixture, and salsa.

Tips:

Using Egg Beaters lowers the fat and cholesterol.
Use homemade pico de gallo in the place of garden-style salsa and use fresh cooked black beans to reduce the sodium.

Serving Size: 1 Burrito

