Heart–Healthy Recipe Cards

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Title: Out-The-Door Breakfast Burrito

Category: Breakfast

Advantage: This easy-breezy breakfast burrito is a great choice for a healthy breakfast on the run. Kids love them!

Prep Time: 10 Minutes  |  Level: Easy  |  Serves: One  
Cook Time: 5 Minutes

Ingredients:
1 whole wheat tortilla
½ cup egg substitute or one egg
Cooking spray
¼ cup low-fat shredded cheese
Variety of vegetables – mushrooms, peppers, onions, tomato, spinach are all good options
1–2 Tbsp. salsa (optional)

Directions:
1. Spray Teflon skillet (a small one works great)
2. Heat on medium–high
3. Add egg mixture or one whole egg
4. Sprinkle in cheese and add vegetables
5. Stir to mix
6. Reduce heat to low until cooked through – approximately 2 minutes.
7. Heat tortilla on a paper towel in the microwave for approximately 20 seconds
8. Wrap egg in tortilla and carry to-go in the same paper towel or aluminum foil

Tips: Make several ahead of time, and keep in the refrigerator. Pop in the microwave or toaster oven and you’re out the door with a healthy and filling breakfast.

Nutrition Facts
Serving Size 1 Burrito

Calories 240
Total Fat 3.5g
Saturated Fat 1.2g
Sodium 960mg
Total Carbohydrate 29g
Dietary Fiber 3g
Protein 23g

Nutrition facts based on 8” tortilla and egg substitute