

Sunrise Egg Burrito

Ingredients

2 large eggs
1 whole wheat tortilla
1 tablespoon salsa

1 tablespoon shredded
cheese
Optional: Add 2
tablespoons of canned re-
fried beans

Directions

1. Beat the eggs in a small microwave-safe bowl.
2. In the microwave, cook the eggs on high for one minute, then stir. If eggs are not yet set, microwave for another 30 seconds. When finished the eggs should not be runny.
3. Place the tortilla on a plate and heat for 30 seconds in the microwave.
4. Wrap up the eggs and other ingredients in the tortilla and enjoy!



Makes 10 servings

*Nutrition information per serving
(2 tablespoons):*

92 calories, 4g fat, 3g protein