

Breakfast Burritos

These egg burritos are great for breakfast, lunch, or even dinner. Enjoy them with your favorite fruit on the side.

Makes: 6 servings

Ingredients

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 medium red or green bell pepper, chopped
- 1 clove garlic, finely chopped
- 6 eggs, beaten
- ½ can black beans
- ½ cup cheddar cheese, grated
- salt and pepper to taste
- hot sauce or salsa to taste
- 6 whole wheat flour tortillas



Directions

1. In a large skillet, heat oil on medium setting.
2. Add onion, bell pepper, and garlic. Cook until vegetables are tender, for about 3-5 minutes.
3. Reduce heat to medium-low, spread vegetables to the sides of the skillet, leaving a space in the middle for the eggs.
4. Add the eggs and scramble until cooked. Add black beans. Stir all ingredients together. Top with cheese and add salt and pepper to taste.

5. To prevent tortillas from tearing when folding, place them between slightly damp paper towels and microwave on high for 20-30 seconds.
6. Place the filling into the tortillas and top with hot sauce and/or salsa.

Note: Use the remaining black beans for breakfast or dinner later in the week.

Recipe from: *Eat Better, Eat Together*, Washington State University, adapted by the USDA Food and Nutrition Administration.

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