



Whole-Wheat Breakfast Burrito

Start your day off right with this simple and well-balanced breakfast. Have a whole-wheat tortilla to boost your fiber and nutrient intake, and serve with an orange to help your body absorb the iron in the black beans.

INGREDIENTS

1 jumbo egg plus 3 egg whites, beaten, or 1/2 cup egg substitute

1 scallion, white part only, chopped

2 tablespoon low-fat cream cheese

2 tablespoon black beans

3 tablespoon chunky garden-style salsa

1 10" flour tortilla

Servings: 1 burrito

PREPARATION

1. In a nonstick skillet, cook the egg and onion.
2. When the eggs are almost done, stir in the cream cheese and beans.
3. Place the tortilla over the eggs in the skillet until warm.
4. Remove the tortilla, top with the scrambled egg mixture and the salsa, and roll up.
5. Serve with an orange on the side!

NUTRITION

With Eggs (per serving): 423 calories; 40g carbohydrates; 3g fiber; 15 g fat; 29g protein; 965mg sodium; 291mg cholesterol

With Egg Beaters (per serving): 336 calories; 40g carbohydrates; 3g fiber; 8g fat; 22g protein; 965mg sodium; 15 mg cholesterol

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