

Breakfast Burrito

Recipe # YKSD FY20-8 (revised from USDA J-02)

Prep time

12 minutes

Cook time

10-15 minutes

Serves

25

What you need:

25

tortillas

1 Tablespoon

cooking oil

6 ½ C

eggs scrambled, liquid mix

1 ½ C

corn kernels

¾ C

green Pepper, dried

1 ½ C + 2 Tablespoons

cheese, shredded cheddar

1 ½ C

salsa, tomato

Add pepper to taste.

Breakfast Burrito

Here's how:

1. Preheat oven to 300 degrees. Wrap tortillas in foil and place in oven to warm, about 8 minutes (or until heated through). Warm tortillas before use to prevent tearing.
2. In a mixing bowl, combine egg with corn and dried bell peppers. In a skillet, heat cooking oil to a medium/low. Add egg mixture to skillet and cook until fully done.
3. Top each tortilla with 3 oz of egg and top with 1 tablespoon shredded cheese.
4. Roll into burrito and serve or place it in a pan to keep warm.
5. Serve with salsa and/or sour cream.

Note

Breakfast Burritos may be made ahead of time and frozen for up to three (3) months if wrapped in foil and placed in freezer zip lock bags with the air squeezed out. To reheat, arrange in single layer and place in preheated oven (350 degrees) for 12-15 minutes.

Nutrition

Cal: 225.02, Sat. Fat: 2.55, Sodium: 441.542mg Credit as 1 WG, 1 M/MA, ¼ O Veg

