

Mexican Breakfast Wraps

Breakfast/Brunch February - 2014



Go guiltless! Using skim milk, fat-free tortillas and Cheddar cheese instead of their full-fat cousins set this recipe apart.

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 servings

INGREDIENTS

- 1 large green bell pepper, chopped (1 cup)
- 1 large onion, chopped (1 cup)
- 7 eggs or 1 3/4 cups fat-free egg product (from two 8-oz cartons)
- 1/3 cup fat-free (skim) milk
- 1/8 teaspoon pepper
- 4 whole wheat flour tortillas (8 to 10 inch)
- 1/2 cup shredded fat-free Cheddar cheese (2 oz.)
- 1/4 cup chunky-style salsa

DIRECTIONS

1. Spray 10-inch skillet with cooking spray; heat over medium heat. Add bell pepper and onions; cover and cook 4 to 6 minutes, stirring occasionally, until tender.
2. In medium bowl, mix egg product, milk, salt and pepper until well blended. Spray vegetables and skillet with cooking spray. Pour egg product mixture over vegetables; cook until set, occasionally stirring gently.
3. Meanwhile, heat tortillas as directed on package.
4. To serve, place warm tortillas on individual plates. Spoon scrambled egg mixture down center of each tortilla. Top each with cheese and salsa. Roll up tortillas.

Recipe Provides: Dairy 1/2c, Meat & Beans 2oz-equivalents, Vegetables 1/2c

Serving Size:	1 Serving	Calories:	190	Calories from Fat:	10
Total Fat:	7 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	690 mg	Total Carbohydrate:	27 g
Dietary Fiber:	3 g	Sugars:	7 g	Protein:	19 g



This recipe is adapted from WWW.eatbetterearly.com