



Recipe of the Month—August 2015

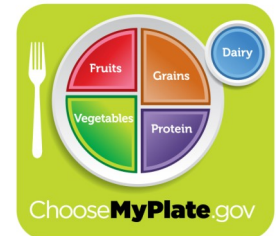
Make ahead Breakfast Burritos

Serves 8

Serving Size: 1 burrito

Ingredients:

1 cup	diced potatoes (1 medium potato)
1/2 cup	diced onions (1/2 medium onion)
1 cup	diced bell peppers (1 medium pepper)
8	beaten eggs
1/8 teaspoon	garlic powder
1/4 teaspoon	pepper
1 cup	shredded 2% reduced fat cheddar cheese
8	flour tortillas (8 inch)



Make MyPlate Your Plate

Directions:

1. Spray a large skillet with nonstick cooking spray. Cook the potatoes for 6 to 10 minutes over medium heat.
2. Add onions and peppers to the potatoes. Cook for 3 to 4 minutes until the potatoes are browned.
3. Add beaten eggs to the vegetable mixture. Cook for 4 to 5 minutes over medium heat. Stir off and on until there is no liquid.
4. Stir in the garlic powder and pepper.
5. Roll each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture for each burrito. Serve or freeze.
6. You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.

To reheat frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3 to 4 minutes.

NUTRITION FACTS PER SERVING: 270 calories, 9 g total fat (3 g sat. fat), 190 mg cholesterol, 500 mg sodium, 31 g carbohydrates, 2 g fiber, 4 g sugar, 14 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*