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)

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 warp. 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