

Spinach and Parmesan Breakfast Burrito

Ingredients:

4 eggs
4 egg whites
Vegetable cooking spray
1/2 medium onion, chopped OR 1/2 tbsp onion powder
1/2 medium bell pepper, chopped
1 clove garlic, chopped OR 1/2 tsp garlic powder
1/3 cup low-fat milk
2 tablespoons grated parmesan
1/2 teaspoon salt
1/4 teaspoon black pepper
2 cups baby spinach
4 whole wheat tortillas

Instructions:

1. Spray a large pan with vegetable cooking spray and heat over medium heat.
2. Add onion, bell pepper, and garlic. Cook until tender and golden.
3. While the vegetables are cooking, in a bowl add eggs, milk, and parmesan cheese. Season with salt and pepper. Scramble the egg mixture with a fork.
4. Once the onions are golden, add the spinach and cook until they start to wilt. Continue to stir the spinach while it cooks.
5. Reduce the heat to low, pour the egg mixture into the skillet and allow to cook.
6. Evenly divide cooked eggs into 4 servings and spoon each portion onto a tortilla.
7. Fold the tortilla to close.
8. Wrap each burrito in tin foil then place them in a plastic quart bag to save them in the refrigerator or freezer.

Source: LSU AgCenter

Serves: 4

Prep Time: 10 minutes

Cook time: 10 minutes

Nutrition Facts	
4 servings per container	
Serving size	1 burrito
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 700mg	30%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 2mcg	10%
Calcium 179mg	15%
Iron 2mg	10%
Potassium 345mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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