

Breakfast Burrito

Ingredients

- 8-1/2 tsp onion
- 8-1/2 tsp green bell pepper
- 2-1/8 tsp green chili pepper
- 1/4 tsp vegetable oil
- 9 large eggs
- 3-5/8 oz frozen cooked chicken, diced
- 1/4 cup cheddar cheese shredded, reduced fat
- 4 whole wheat 6" tortilla



Directions

1. Wash and chop onions and peppers into bite sized pieces.
2. In a large pan on stove top over medium heat, sauté onions and peppers in oil until soft.
3. Add in eggs and diced chicken, cook until eggs start to come together.
4. Add the rest of the ingredients and stir until incorporated. To build burritos, place 1/2 cup of egg mixture onto each tortilla and roll.

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 160 calories,
3.96 g fat, 1.54 g saturated fat,
355 mg sodium, 13.4 g
carbohydrate, 1.82 g fiber, 1.0 g
sugar, 16.75 g protein