



## Breakfast Burrito with Salsa

### Ingredients:

- 4 large eggs
- 2 tablespoons frozen corn
- 1 tablespoon 1% milk
- 2 tablespoons green peppers, chopped
- ¼ cup onions, chopped
- 1 tablespoon fresh tomato, chopped
- 1 teaspoon mustard
- ¼ teaspoon powder garlic
- ¼ teaspoon hot sauce
- 4 flour tortillas, 8 inches
- ¼ cups, canned tomato sauce

### Directions:

1. Heat the oven to 350°F. In a large bowl, mix the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot sauce, and salt during one minute until the eggs are soft.
2. Place the mix in a lightly greased mold 9x9x2 and cover with aluminum paper.
3. Put it in the oven for 20-25 minutes until the eggs are well cooked.
4. Wrap the tortillas in plastic and heat in the microwave for 20 seconds until they are warm. Be careful when separating the tortillas from the plastic. The vapor is very hot.
5. Cut the mixture of the cooked egg into 4 equal pieces and place 1 piece of the cooked egg into each tortilla.
6. Serve each burrito with 2 tablespoons of salsa.

*Yields about 4 servings*

**Source:** Michigan Department of Community Health, “Healthy Recipes”

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 burrito (137g)</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 1mcg	6%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 91mg	2%

\*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.



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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