

# BREAKFAST BURRITOS

Serves 4

## Ingredients

- 2 teaspoons **olive oil**
- 1/2 medium **onion**, diced (about 1/2 cup)
- 1/2 medium **bell pepper**, diced (about 1/2 cup)
- 1/2 cup finely chopped **broccoli**
- Pinch of **salt** and **black pepper**
- 4 large **eggs**
- 3/4 cup **shredded cheese** of your choice
- 4 tablespoons **salsa**, divided
- 4 10-inch whole wheat **tortillas**
- **Optional:** 1 avocado, divided into quarters

## Nutrition Facts\*

1 serving

**Calories:** 310

**Protein:** 16 grams

**Total Carbohydrates:** 28 grams

**Dietary Fiber:** 6 grams

**Total Fat:** 16 grams

*\*Nutrition facts are an estimate and vary based on serving size.*

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## Directions

- 1 Heat olive oil in a large nonstick skillet over medium heat.
- 2 Add onions, bell peppers, broccoli, salt and pepper. Sauté, stirring often, until the veggies are tender (about 5 to 7 minutes).
- 3 In a medium bowl, whisk the eggs.
- 4 Move the veggies to the sides of the skillet and pour the eggs into the middle. Scramble the eggs (scrape the eggs from the bottom of the skillet with a rubber spatula until they're cooked), keeping the eggs and veggies separate while the eggs are cooking.
- 5 Once the eggs are cooked, mix the veggies into the eggs and add the cheese. Turn off the heat.
- 6 Warm the tortillas in the microwave for 15 to 30 seconds.
- 7 Assemble the burritos by topping a warm tortilla with a quarter of the egg and veggie mixture, 1 tablespoon of salsa and 1/4 of the sliced avocado, if using, and wrapping the tortilla into a burrito. Repeat with the remaining tortillas and serve.



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