

Breakfast Burrito

This recipe is a good source of calcium, which keeps bones and teeth strong.

Ingredients:

- 4 **eggs**
- 1/4 cup 1% **milk**
- 1 teaspoon **vegetable oil**
- 1 cup fat-free refried **beans**
- 4 flour 10" **tortillas**
- 1/2 cup (4 oz.) grated **cheddar cheese**
- 1 **tomato**, chopped
- Salt and pepper, **chili powder** to taste

Directions:

1. Mix eggs, milk, and seasonings in a bowl.
2. Heat oil in pan over medium-high heat (350 degrees in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the refried beans in a separate pan.
5. Warm the tortillas on a griddle or wrap in foil and heat in the oven.
6. On each tortilla layer 1/4 refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half and enjoy!
8. Refrigerate leftovers within 2-3 hours.

Tips:

- Try your favorite salsa in place of the tomato.
- Use other vegetables that you have in the refrigerator, such as green or red bell peppers, or cooked corn.
- Serve with guacamole or light sour cream.

Nutrition Facts	
Serving Size 1/2 Burrito (126g)	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 10g	
Vitamin A 6%	Vitamin C 6%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Janice Smiley and Lynn Steele, OSU Extension Service, Multnomah County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.