

Breakfast Burrito

<u>Code</u>
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Ingredients Needed:

- 1 whole grain wheat tortilla
- 1 large egg
- 1 tsp. water
- ½ cup broccoli, chopped
- ½ tsp. olive oil
- ¼ cup grated non-fat cheese
- 1 avocado slice
- 1 Tbs. salsa



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	280
Total Fat	10 g
Sat Fat	2 g
Sodium	624 mg
Added Sugar	0 g
Fiber	7 g
Vitamin A	26% DV
Vitamin C	83 % DV
Vitamin E	13% DV
Vitamin K	150% DV
Potassium	11% DV
Calcium	34% DV
Iron	11% DV

Recipe Directions:

- Heat tortilla in microwave for 10 to 15 seconds.
- Whisk together egg, broccoli, and water in a medium bowl. Heat oil in a small non-stick skillet over medium heat until hot. Add egg mixture and cook, stirring to scramble, until just cooked through. Remove from heat.
- Spoon egg mixture, avocado, cheese, and salsa over tortilla.
- Fold and wrap tortilla.