

## BREAKFAST BURRITO

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Included in Box:**

- ½ c. canned low sodium diced tomatoes
- ¼ c. canned no salt black beans, drained and rinsed

**Additional Ingredients Needed:**

- 1, 10" flour tortilla
- 1 egg, beaten
- ½ small onion (~¼ c.), diced

**Directions:**

1. Add ¼ c. water and onion to skillet over medium-high heat; cook until translucent (3-4 minutes).
2. Add egg to pan, stirring to break chunks. Cook 2-3 minutes, or until desired consistency.
3. Remove from heat. Spoon tomatoes, black beans and egg mixture into tortilla and fold.
4. Optional: place filled tortilla on skillet and heat until golden.

**Tip:** Add green pepper, corn, low-sodium salsa, or shredded cheese for extra flavor!



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 1 burrito  
**Calories:** 369  
**Fat:** 9 g  
**Sodium:** 766 mg  
**Carbohydrates:** 54 g  
**Fiber:** 8 g  
**Protein:** 17 g  
**Carbohydrate Servings:** 2 ½

*\*Nutrient facts include canned no salt added diced tomatoes, canned 50% less sodium black beans, a 10" flour tortilla (Mission Foods), 1 large brown egg, and ½ small white onion.*