 **Breakfast Burrito**

*Serves 1*

**Ingredients**

6” whole wheat tortilla

1 egg

½ cup egg whites

2 tbsp cheese

¼ pepper, diced

¼ onion, diced

2tbsp salsa

**Directions**

1. Follow egg scramble recipe, steps 1-4.
2. Lay out tortilla and transfer egg scramble to tortilla. Top with cheese and salsa and roll to form a burrito.
3. Place burrito in heated skillet and press down slightly. Cook several minutes until browned. Flip and cook until other side has browned.

**Nutrition**

*330 cals, 20g C, 28g P, 15g F*