

# Eat Smart!



## Make Ahead Breakfast Burrito

Serving Size: 1 burrito | Serves: 8

### Ingredients:

- Nonstick cooking spray
- 1 cup potatoes, diced (1 medium potato)
- 1/2 cup onions, diced (1/2 medium onion)
- 1 cup bell peppers, diced (1 medium pepper)
- 8 eggs, beaten
- 1/8 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 cup 2% fat cheddar cheese, shredded
- 8 flour tortillas (8")

### Instructions:

1. Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
2. Add onions and peppers to the potatoes. Cook for 3 to 4 minutes until the potatoes are browned.
3. Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
4. Stir in the garlic powder and pepper.
5. Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture. Serve or freeze.
6. You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.

**To reheat the frozen burritos.** Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

**Tips:** Wash hands after handling raw eggs and before making burritos.

Wash vegetables under running water.

Add hot peppers, salsa, or cayenne pepper for a spicier burrito.

### Nutrition Facts

Serving Size 1 burrito

Servings Per Recipe 8

Amount Per Serving

Calories 260      Calories from Fat 90

% Daily Value\*

Total Fat 10g      15%

Saturated Fat 3g      15%

Trans Fat 0g

Cholesterol 215mg      72%

Sodium 450mg      19%

Total Carbohydrate 30g      10%

Dietary Fiber 2g      8%

Sugars 3g

Protein 14g

Vitamin A 10%      •      Vitamin C 40%

Calcium 15%      •      Iron 15%

**K-STATE**  
Research and Extension

Source: <https://spendsmart.extension.iastate.edu>

Wildcat District