

Breakfast Burrito with Salsa

Rating: ★★★★★

Cook time: 30 minutes

Makes: 4 servings

Ingredients

- 4 egg (large)
- 1/8 cup corn (frozen)
- 1 tablespoon milk (1%)
- 2 tablespoons green pepper (diced)
- 1/4 cup onion (minced)
- 1/16 cup [tomatoes, fresh](#) (1 Tablespoon, diced)
- 1 teaspoon mustard
- 1/4 teaspoon garlic (granulated)
hot pepper sauce (optional)
- 4 flour tortillas (8 inch)
- 1/4 cup salsa (canned)

Directions

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	247	
Total Fat	9 g	14%
Protein	11 g	
Carbohydrates	30 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	3 g	15%
Sodium	506 mg	21%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 1/2 ounces
Protein Foods	1 ounce

4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.

5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.

6. Serve each burrito topped with 2 Tablespoons of salsa.

USDA, Food and Nutrition Service (FNS), Food Family Fun