

Simple Meals

Breakfast Burrito

MAKES 1 BURRITO

Ingredients:

- 2 tsps canola oil
- ¼ cup red onion, chopped small
- 1 teaspoon jalapeño pepper,* deseeded and chopped fine (optional)
- ¼ cup red bell pepper, chopped small
- ¼ cup cherry tomatoes, cut in half
- 1 teaspoon cumin
- 1 tablespoon fresh cilantro leaves, chopped
- 2 eggs, beaten
- salt and pepper
- 1 whole-wheat flour tortilla

Directions:

1. In a medium frying pan, heat about 2 teaspoons of canola oil on medium heat.
2. Add the onions and jalapeño, if using. Cook until onions are just soft, about 2 minutes. Add red peppers, and cook another minute. Add the cherry tomatoes, cumin, and cilantro leaves, and cook, stirring about 1-2 minutes. Add the eggs and cook, mixing the eggs up like you are scrambling them. Season to taste with salt and pepper.
3. In the meantime, heat tortilla in a pan on high heat. Flip after 1 minute on each side or until warmed through.
4. Take the egg mixture off the heat, and place in the middle of the tortilla. Roll up and top with your favorite toppings. You could try salsa, cheese, or sour cream.

*Be careful when handling fresh jalapeños! They can irritate your skin. You might want to wear plastic or latex gloves (like the kind used for washing dishes) when you touch them. If you do touch them with bare hands, wash your hands before touching your eyes.