



Breakfast Egg and Ham Burrito

This Recipe Serves 4

Ingredients

4 eggs

4 egg whites

Dash hot pepper sauce

¼ teaspoon ground black pepper

2 tablespoons reduced-fat cheddar cheese, shredded

2 teaspoons trans fat free margarine

4 slices reduced-sodium deli style ham (about 3 ounces), chopped

¼ cup onion, diced

¼ cup green pepper, diced

4 corn tortillas, heated

4 teaspoons salsa

1. In a medium bowl, whisk together the eggs, egg whites, hot pepper sauce, black pepper, and cheese.
2. Heat the margarine in a medium non-stick pan over medium heat. Add the ham and sauté for 2-3 minutes. Remove the ham from the pan.
3. Add the onions and green peppers to the hot pan, and cook for about 5 minutes. Add the ham back to pan.
4. Reduce the heat to low and add the eggs to pan. Gently stir the eggs with a spoon or spatula and continue lightly cooking over low heat until the eggs are cooked and set.
5. Evenly divide the egg mixture into 4 servings. Spoon each portion of the egg mixture into a tortilla and top each with 1 teaspoon salsa. Fold the tortilla to close.

Make It Gluten-Free: Confirm ingredients are gluten-free and this recipe can be made gluten-free

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