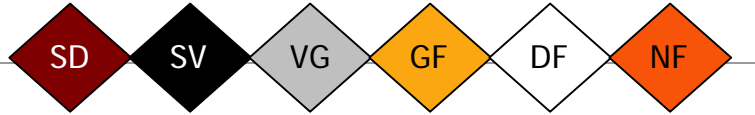


Healthy Homemade Breakfast Burritos

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

4 wraps	Tortilla wraps, whole wheat, large (or) Low Carb-High Fiber, or Gluten-Free, or other healthy tortilla of your choice (do not use refined white flour tortillas)
1 cup	Eggs (or) to lower calories, fat and Cholesterol, use 1 cup egg whites
1 cup	Grape Tomatoes, about 5 ounces
1 cup	Avocado, about 1 large avocado
1/2 cup	Scallions, about 1/2 bunch
1 tsp.	Chili Powder
1 tsp.	Garlic Powder
1/2 tsp.	Cumin
1/4 tsp.	Red Pepper Flakes (optional)
3/4 cup	Low fat cheddar cheese, OR Vegan shredded cheddar cheese substitute



Directions:

1. Preheat oven to 200 ° F. Rinse and halve grape tomatoes, set aside. Peel, pit, and cube (or mash) avocado, set aside. (If you will be freezing the burritos, blanch avocado cubes for a minute or two in boiling water then drain). Shred cheese and slice scallions about 1/4-inch thick, set aside. Scramble eggs, set aside but keep warm.
2. Place four tortillas flat on a cutting board or clean counter top. Sprinkle (or spread) equal amounts of avocado in a line lengthwise and across the lower middle of each tortilla. Follow with the grape tomatoes, scallions, 1/2 cup cheddar cheese and scrambled eggs. Sprinkle chili powder, garlic powder and cumin over eggs on each tortilla. Roll tortilla up to enclose filling and place all burritos side-by-side on a plate (seam side down). Sprinkle top of each burrito with remaining 1/4 cup of shredded cheddar cheese.
3. Place plate in pre-heated oven to keep burritos warm until ready to serve, or re-warm tortillas in microwave oven until cheddar melts.
4. To serve, place one burrito on each diner's plate with a side of re-fried beans and salsa (opt).
5. *To Freeze:* Fill tortillas with the entire 3 /4 cup of shredded cheese during assembly. Wrap burritos in wax paper and freeze. If desired, over-wrap wax paper with outer layer of a festively decorated paper napkin and affix the package closed with a festive sticker. To serve, re-heat the frozen burritos in a microwave for 2-3 minutes each (times vary by microwave) or until heated all the way through. Remove from microwave and serve or take and eat burrito on the run.

YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG) and Dairy-free (DF) replace scrambled eggs with one block (14 ounces) of firm tofu and 1 packet of Fantastic World Foods Tofu Scrambler seasoning mix (available at www.veganessentials.com or your local health food store). Scramble mixture per the package directions. Replace dairy cheddar cheese with vegan "Gourmets Jack" cheese alternative, "Daiya Foods" vegan cheddar, "Teese" cheese, or similar brands purchased from your local health foods or specialty grocery store.
- To make Gluten Free (GF), use gluten free tortillas.

Per Scrambled Eggs Burrito Serving: 297 Calories, 25g Carbohydrates, 17 g Fat, 23g Protein, 14g Dietary Fiber, 299mg Cholesterol, 543mg Sodium

Per Scrambled Egg White Burrito: 224 Calories, 25g Carbohydrates, 10g Fat, 21g Protein, 14g Dietary Fiber, 4mg Cholesterol, 545mg Sodium

Per Tofu Scrambled Burrito: 300 Calories, 33g Carbohydrates, 15g Fat, 24g Protein, 15g Dietary Fiber, 4 mg Cholesterol, 644 mg Sodium