

Quick and Healthy Breakfast Burritos



- 5 **eggs**
- 2 *Tablespoons 1% milk*
- 1 *cup **black beans**, drained and rinsed*
- 1/2 *cup **salsa** of your choice*
- 4 **whole-wheat tortillas** (8 inch), at room temperature
- 1/4 *cup **sour cream***
- 2 *Tablespoons **cilantro**, chopped*
- Red chili flakes** to taste

- 1 In a small bowl, whisk together eggs and milk.
- 2 In a small pot, mix together the black beans and salsa and heat.
- 3 In a non-stick skillet over medium heat, cook eggs until done on one side, flip and cook on the other side. Cut into 4 equal slices.
- 4 Lay tortillas on a work surface and top with eggs, 1/4 cup black bean mixture, 1 Tbsp sour cream, some cilantro, and chili flakes to taste. Then roll and eat.

Serves 4

SEASONED COOK

These burritos make a great breakfast on-the-go. Wrap in foil and enjoy!

Per serving: 215 calories, 14g protein, 34g carbohydrate (6g fiber), 6g fat (2g sat, 4g mono/poly), 677mg sodium