

Breakfast Burritos

6

Ingredients:

2 eggs

2 Tablespoons **nonfat** or **1% milk**

Salt, pepper and **chili powder** to taste

1/2 **tomato**

2 **whole-wheat flour tortillas** (10-inch)

1/2 cup **fat-free refried beans**

1/4 cup grated **cheddar cheese**

Makes: 2 burritos

Directions:

1. Preheat oven to 400 degrees F.
2. Whisk eggs, milk and seasonings in a bowl.
3. Spray skillet with nonstick cooking spray. Heat skillet over medium heat. Add egg mixture. Stir eggs and cook until firm. Turn off the stove and remove the skillet from the heat.
4. Chop the tomato.
5. On each tortilla, layer 1/2 of the refried beans, eggs, cheese and tomato. Roll the burrito, wrap it in aluminum foil and place it in the oven for 7 minutes.
6. Remove the burrito from the oven and let it cool slightly before cutting each burrito in half and serving. Turn oven off.

