

Breakfast Burritos

Featured in: Prairie Fare

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Ingredients:

- 4 eggs
- 2 Tbsp. frozen corn
- 1 Tbsp. low fat milk
- 2 Tbsp. fresh green peppers, diced
- 1/4 c. onions, minced
- 1 Tbsp. fresh tomatoes, diced
- 1 tsp. prepared mustard
- 1/4 tsp. garlic, minced
- 1/4 tsp. hot pepper sauce (optional)
- 4 flour tortillas (8-inch)
- 1/2 c. salsa

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Directions:

- Preheat oven to 350 degrees. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce and salt for 1 minute until eggs are smooth. Pour egg mixture into a lightly greased 9 x 9 x 2- inch baking dish and cover with foil. Bake for 20-25 minutes until eggs are set and thoroughly cooked. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas; the steam can be hot. Cut baked egg mixture into 4 equal parts and roll 1 piece of cooked egg in each tortilla. Serve each burrito topped with 2 Tbsp. salsa.

Makes 4 servings. Each serving contains 208 calories, 8 grams fat and 24 grams carbohydrate.

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SERVICE