

Egg and Avocado Breakfast Burrito



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 10 minutes | **Cook:** 5 minutes

INGREDIENTS

- 6 eggs
- 1 tablespoon olive oil
- 1 jalapeno pepper, diced
- 1 garlic clove, minced
- 1/4 red onion, diced
- 4 flour tortillas
- 1/4 cup salsa
- 2 avocados, sliced

DIRECTIONS

1. Whisk eggs with 1 tablespoon of water to make the eggs light and fluffy. Set aside.
2. Drizzle olive oil into a skillet over medium heat, add peppers, garlic and onion and sauté about 2-3 minutes until just tender. Whisk eggs one more time and pour into skillet with vegetables. Scramble eggs, then remove from heat.
3. Warm the tortilla on a hot pan for 30 seconds. Alternatively, wrap a stack in a damp paper towel and steam them quickly in the microwave for about 20 seconds.
4. Divide scrambled eggs, salsa and avocado slices in a line down the center of each tortilla, leaving the sides, top and bottom uncovered.
5. Fold the sides 1 to 2 inches inwards over the filling. Then tuck the bottom over so it covers the filling.
6. Starting with the bottom flap that's covering the filling, roll the burrito, tucking the flap firmly inwards as you roll to secure all the filling.
7. Continue rolling until your burrito is seam side down and serve.



Nutrition Information

Serving Size: 1/4 of recipe

Calories	350
Total fat	23 g
Saturated Fat	5 g
Trans fat	0 g
Cholesterol	280 mg
Sodium	390 mg
Carbohydrates	23 g
Fiber	6 g
Sugars	2 g
Protein	13 g

Recipe adapted from: Add a Pinch