

LiveWell

Breakfast burritos

Yield: 8 burritos



Ingredients:

- 1 medium russet potato cut into 1/4-inch cubes
- 2 teaspoons vegetable oil, divided
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon paprika, divided
- 1 teaspoon cumin, divided
- 1/8 teaspoon salt
- 1 medium yellow onion, diced
- 3 cups chopped kale or rainbow chard
- 3/4 cup diced red bell pepper
- Vegetable oil cooking spray
- 3 eggs
- 4 egg whites
- 1/4 cup tomato salsa, medium spicy
- 3/4 cup low-sodium canned black beans
- 1/2 cup shredded part-skim mozzarella
- 8 low-carb whole-wheat tortillas (7" size)

Directions:

1. Preheat oven to 400° F. Line a medium sheet pan with parchment paper.
2. In a medium bowl, combine diced potatoes, 1 teaspoon vegetable oil, garlic powder, onion powder, 1/2 teaspoon paprika, 1/2 teaspoon cumin, and salt, and stir until potatoes are well coated. Spread potatoes on lined sheet pan and bake for 20 minutes or until potatoes are soft and starting to brown.
3. While potatoes cook, heat 1 teaspoon vegetable oil in a medium to large sauté pan. When oil is hot, add diced onion and cook, stirring frequently, until translucent, about 5 minutes. Add kale or chard, red pepper, 1/2 teaspoon paprika and 1/2 teaspoon cumin to onion pan and cook, stirring frequently, until greens are wilted, 5-10 minutes. If needed, deglaze pan by adding a small amount of water as the mixture cooks to keep vegetables from sticking. When done, remove from heat and set aside.
4. While vegetable mixture cooks, place eggs, egg whites, and salsa in a medium bowl and whisk to combine. Spray the vegetable pan with cooking oil and place over medium heat. When heated, add egg and salsa mixture and cook, stirring often, to preferred doneness.

Burrito assembly:

1. Lay out whole-wheat tortillas on a clean surface. Divide potatoes, vegetable mixture, beans, cheese, and egg mixture evenly between tortillas. To wrap, fold sides in first, then fold the top over and roll into an oblong shape.
2. Optional: Spray sauté pan with vegetable oil cooking spray and place over medium to high heat. Place each burrito with its seam side down on pan and sear until tortilla seal is golden brown (browning the seam helps the burrito stay sealed).
3. Eat burritos warm or wrap individually in parchment paper, place in a zipper bag and freeze for up to 2 months. Reheat in oven or unwrap and defrost in microwave.

Nutrition information per serving:

Calories: 172

Fat: 7 grams

Saturated fat: 2 grams

Cholesterol: 66 mg

Sodium: 403 mg

Carbohydrates: 23 grams

Fiber: 3 grams

Protein: 13 grams

Food exchanges:

1.5 carbohydrate, 2 protein,

1 vegetable