

EGG AND CHEESE WRAP

INGREDIENTS

- 1 fat-free whole-wheat flour tortilla (warm)
- 1 large egg white (scrambled)
- 1 oz Swiss cheese (low-fat)
- ¼ ripe avocado
- freshly-ground pepper (to taste)
- 2 Tbsp tomatoes (diced)

DIRECTIONS

1. Heat nonstick skillet over medium-high heat.
2. Add diced tomato and cook for 1 minute.
3. Add egg white to the skillet and cook, stirring, until cooked through, 3-4 minutes. Season with black pepper.
4. Spread avocado in center of tortilla. Place egg mixture on top of avocado and sprinkle with cheese. Fold tortilla burrito style and slice in half.



Recipe courtesy of the American Heart Association

Nutrition Information: Calories: 210; Total fat: 9.5g; Saturated fat: 2g; Cholesterol: 10mg; Sodium: 272mg; Total carbohydrate: 23g; Dietary fiber: 5g; Protein: 15g.