

RECIPE: Breakfast Burrito

INGREDIENTS

- ½ cup chopped tomato
- 2 tablespoons chopped onion
- ¼ cup frozen corn
- 2 eggs
- 1 (6-inch) whole wheat tortilla
- 2 tablespoons salsa

DIRECTIONS

1. In a small skillet, add chopped tomato, onion and corn. Cook over medium heat until vegetables are soft and moisture has evaporated.
2. Add eggs and scramble with the vegetables until cooked through, about 3 minutes.
3. To serve, spread the egg mixture in the center of the tortilla and top with salsa. Fold in both sides of the tortilla up over the filling, then roll to close. Serve immediately.



Courtesy of the Mayo Clinic