

Early Morning Breakfast Burritos

Makes 4 servings

- ✓ 2 c. baby spinach leaves
- ✓ ½ c. baby bella mushrooms; sliced
- ✓ butter flavored spray
- ✓ ¼ t. sea salt
- ✓ 4 large whole eggs + 3 large egg whites
- ✓ ½ c. reduced fat cheddar cheese: shredded
- ✓ 4 whole wheat tortillas (fajita size)
- ✓ ½ c. salsa

1. Heat a large skillet and then spray with butter flavored cooking spray
2. Add mushrooms and salt and allow to start to cook (1 min) then add spinach and cook until it wilts (3-5 more minutes)
3. In a separate bowl crack the eggs and beat
4. Add to vegetables and scramble
5. When eggs are about ½ way cooked add cheese
6. Warm tortillas in the microwave for about 30 seconds
7. Assemble breakfast burritos with 1 tortilla, ¼ of the egg mixture and Salsa
8. Wrap and enjoy!

Nutrition Information per Serving: 255 Calories, 9.1 grams Total Fat, 2.2 gram Saturated Fat, 767.1 milligrams Sodium, 27.9 grams Carbohydrates, 4 grams Fiber, 17.2 grams Protein