

Breakfast Burrito

Servings 4

Prep Time 10 minutes

Cook Time 12 minutes



Nutrition Information

Calories	442
Fat	17.8 g
Saturated fat	5.7 g
Sodium	859 mg
Carbs	50.3 g
Protein	21.1 g
Potassium	205 mg

Health Benefit

[vegetarian](#)

This protein-packed vegetarian burrito is the perfect on-the-go breakfast for busy weekday mornings

Ingredients

1 teaspoon [canola oil](#)

1 cup [onion, diced](#)

1 [red bell pepper, diced](#)

1 can (15 oz) [pinto beans, rinsed and drained](#)

4 [eggs](#)

1/4 cup [jack cheese](#)

1/4 cup [guacamole](#)

1/4 cup [salsa](#)

4 [whole wheat tortillas \(8 inches\)](#)

Directions

1. Add the canola oil to a nonstick skillet set over medium heat. Add the onion and pepper, and cook until peppers have softened, about 5 minutes. Add the pinto beans and 1 tablespoon of water, and increase the heat to medium-high. Cook, stirring, until the liquid has evaporated and the beans are hot, about 3 minutes.

2. Add the eggs to the skillet and scramble. When cooked through, off heat, add the cheese and cover. Let stand 3 minutes or until the cheese just melts. Add 1 tablespoon of guacamole and 1 tablespoon of salsa to each tortilla and fill with one-quarter of the egg mixture. Add hot sauce to taste. Roll up, burrito style, and serve immediately.