



Easy Breakfast Burritos

Makes 4 burritos

Instructions:

1. In a medium bowl, use a fork to whisk together the eggs, water, salt, and pepper.
2. Heat a medium nonstick frying pan over medium heat. Warm the tortillas, one at a time, for 30 seconds each. Set them aside.
3. Add the beans to the same pan and cook for 3 to 4 minutes, until heated through.
4. In a medium nonstick frying pan, warm the oil over low heat. Add the eggs and cook, stirring frequently, for 4 to 5 minutes, until they are scrambled and cooked through.
5. Spoon the beans onto the warm tortillas and top with the scrambled eggs, red pepper, and sour cream.
6. Roll each tortilla into a burrito, garnish with cilantro and serve immediately.

Ingredients:

- 4 large eggs
- 1 tsp. water
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 2 (10 inch) whole wheat tortillas
- 2 tsp. vegetable oil
- 1 15 oz. can black beans, rinsed and drained
- 1/4 cup red pepper, diced
- 2 Tbsp. low-fat sour cream or plain Greek yogurt
- cilantro for garnish (optional)



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Burritos de desayuno fácil

Hace 4 burritos

Instrucciones:

1. En un tazón mediano, usa un tenedor para reunir los huevos, el agua, la sal y la pimienta.
2. Heat a medium nonstick frying pan over medium heat. Warm the tortillas, one at a time, for 30 seconds each. Set them aside.
3. Calienta una sartén antiadherente mediana a fuego medio. Calienta las tortillas, una a la vez, durante 30 segundos cada una. Déjalos a un lado.
4. En una sartén mediana, caliente el aceite a fuego lento. Añada los huevos y cocine revolviendo con frecuencia, durante 4 a 5 minutos, hasta que se retoque y cocinen. Como, uno a la vez, durante 30 segundos cada uno. Póntelas a un lado.
5. Cuchara los frijoles en las tortillas calientes y colócalos con los huevos revueltos, el pimiento rojo y la crema agria.
6. Enrolle cada tortilla en un burrito, decore con cilantro y sirva inmediatamente.

Ingredientes:

- 4 huevos grandes
- 1 cucharadita de agua
- 1/4 cucharadita de sal
- 1/4 cucharada de pimienta
- 2 (10 pulgadas) tortillas de trigo integral
- 2 cucharaditas de aceite vegetal
- 1 15 onzas de frijoles negros, enjuagado y escurrido
- 1/4 de taza de pimiento rojo, cortado en cubos
- 2 cucharadas de crema agria baja en grasa o yogur griego
- cilantro para decorar (opcional)

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