

Best Ever Breakfast Burritos

This simple method for breakfast burritos results in fluffy eggs and a crisp outer tortilla. With 20 grams of protein per burrito, you will stay full until lunch!

Makes: 1 breakfast burrito

Takes: 5 minutes

Ingredients

- 2 teaspoons butter
- 2 eggs
- 1 whole wheat tortilla
- 2 Tablespoons cheese

Instructions

- 1)Melt butter over medium-high heat in a nonstick skillet. This recipe works best in a nonstick skillet, you might need more butter for a skillet that is not non-stick
- 2)Crack 2 eggs in a bowl and whisk with a fork until light yellow. Wisk in 1/4 teaspoon salt and 1/8 teaspoon pepper
- 3)Add eggs to the pan. Tilt the pan to spread the eggs in a thin layer across the cooking surface
- 4)Cook over medium-high heat, until the egg is cooked on the bottom, but runny on top, about 2 minutes
- 5)Place the tortilla on top of the unset eggs
- 6)Cook over medium heat for 30 seconds, lifting the tortilla around the edges until the egg sticks to the tortilla and lifts easily off the pan
- 7)Flip the tortilla/egg so that the back of the tortilla touches the pan
- 8)Put cheese on top of the egg
- 9)Continue to cook over medium heat until the egg is puffy, the tortilla is light brown, and the cheese is melted.
- 10)Fold the tortilla in half and serve

Tips:

- You can use any type of cheese you like in this recipe
- You can add sauteed vegetables to the breakfast burrito for added nutrition
- For more flavor, you can add sausage, bacon, or ham
- You can add other ingredients to your breakfast burrito, such as diced tomatoes, salsa, avocado, or sour cream

Enjoy!

