

BUENO BREAKFAST BURRITO

You can whip up this tortilla treat in a flash!

- 1/3 cup Southwestern Egg Beaters
- 1 slice reduced-fat cheddar cheese
- 1 Tbsp. salsa
- 1 La Tortilla Factory Low Carb Tortilla (Large)



1. Spray pan lightly with non-stick cooking spray and scramble the Egg Beaters. When almost finished, tear the slice of cheese into pieces and mix them into the eggs.
2. Place mixture into warmed tortilla and add salsa before folding it up. You can add a few sliced black olives or a dollop of low fat sour cream on top if you'd like (not included in nutritional).

Nutrition Information: (Per Serving)

210 Calories

7g Fat

23g Carbohydrate

21g Protein

Recipe From:

<http://www.hungry-girl.com/newsletters/raw/289-rockin-breakfast-recipes-from-hungry-girl>