



Protein Packed Breakfast Burritos

Yield: 15 servings

Modified From: www.superhealthykids.com

Ingredients:

- 10 medium egg
- 1/4 cup milk
- 1 pound turkey, ground
- 1 tablespoon taco seasoning
- 1/2 cup, chopped onion
- 15 ounce no-salt-added black beans, canned
- 10 ounce tomatoes with green chilies, canned
- 3 cup fresh spinach, chopped or 1 cup frozen chopped spinach
- 15 medium tortilla, whole wheat
- ½ cup cheddar cheese

Directions:

1. Place a large skillet over medium heat and coat with nonstick cooking spray a medium bowl whisk together eggs, milk and salt.
2. Add eggs to hot pan and scramble. Once booked, remove from pan.
3. Using the same pan, add ground turkey and taco seasoning. Break up meat into small pieces. Add chopped onion and continue to cook and stir until meat is cooked.
4. Drain and rinse black beans and add to the pan. Drain the tomatoes and add to pan and stir and heat through.
5. Add in chopped spinach and cooked eggs. Stir to combine and remove pan from heat.
6. Warm tortillas in the microwave and sprinkle with cheese. Place small amount of filling in center of tortilla and roll. Serve warm.

NOTE: Make filling ahead and store in refrigerator to quick weekday breakfast. To prevent from tortilla becoming soggy, assemble burrito each morning.

Nutrition information:

Serving size: 1 tortilla with filling

Calories: 198

Fat: 8g

Sodium: 483mg

Carbohydrates: 25g

Sugar: 1g

Fiber: 17g

Protein: 21g