



# Scrambled Egg Burritos

Makes 2 servings

## Ingredients

2 large eggs, or equivalent egg substitute  
1 tablespoon 1% low-fat milk  
1 teaspoon chopped fresh cilantro  
 $\frac{1}{8}$  teaspoon kosher salt  
Dash of coarsely ground black pepper  
Cooking spray

$\frac{1}{2}$  teaspoon butter  
4 tablespoons reduced-fat shredded cheddar cheese, divided  
2 (8-inch) fat-free flour tortillas, heated  
4 tablespoons chopped seeded tomato, divided  
2 tablespoons bottled chunky salsa, divided

## Instructions

1. Whisk the first 5 ingredients (through pepper) in a medium bowl.
2. Coat a medium nonstick skillet with cooking spray, and melt butter over medium heat. Add the egg mixture, and stir with a heatproof rubber spatula to scramble.
3. Sprinkle 2 tablespoons cheese down the center of one tortilla; top with half of the scrambled egg, 2 tablespoons tomato and 1 tablespoon chunky salsa.
4. Roll up burrito-style (fold bottom up and sides to center). Repeat with remaining ingredients.

## Nutrition Facts

Serving Size: 1 burrito; Calories 259; Total Fat 9g; Saturated Fat 4g; Monounsaturated Fat 2g; Polyunsaturated Fat 1g; Cholesterol 222mg; Sodium 667mg; Total Carbohydrates 29g; Dietary Fiber 13g; Protein 15g; Calcium 143mg

Recipe adapted from [www.health.com](http://www.health.com)

