

## Meal Prep Breakfast Burritos

*Breakfasts and snacks can be tricky during the busy week! These prep-ahead burritos are the perfect balanced solution- made with egg, peppers, beans, and calorie-friendly wraps. They freeze well, so making this big batch ahead of time will save you time during the busy week but still allow you to have a nutritious breakfast or a protein-packed snack. Serve alongside some fruit for a complete meal 😊*

### Ingredients:

1 cup	Chopped onion (frozen or fresh)
1 cup	Chopped red bell peppers (feel free to use fresh or frozen- I just felt like the frozen pre-chopped saved me time)
6 large	Whole eggs
6 large	Egg, just the whites
½ cup	Milk of choice (I used skim milk)
8 oz	Mozzarella cheese, reduced fat
2 tsp	Garlic powder
1 tsp	Ground black pepper
1, 15 oz can	Black beans, rinsed, drained
12 each	Carb Control 8" Wraps (I use the <a href="#">Garden Veggie Carb Wise Wraps</a> but Mission also has some too)
Optional	Avocado, tomato, extra veggies, salsa

### Directions:

1. Preheat a large skillet over medium-high heat. Grease with cooking spray.
2. Cook onion and red bell peppers in the skillet until softened. Stir often to keep onion and pepper from sticking. Use more cooking spray as necessary.
3. In the meantime, whisk whole eggs, egg whites, and milk together until smooth. Mix in the mozzarella, garlic powder, and black pepper. Mix well until combined. Pour into the skillet with the cooked onion and bell peppers and turn down the heat to medium.
4. Let the eggs start to cook and oil along the edges. Take a spatula and move across the bottom of the skillet, which will scramble the cooked egg and release it from the bottom. Keep doing this until the eggs are scrambled and moist but not runny.
5. While the eggs cook, heat the black beans in the microwave or in a saucepan over medium heat.
6. To assemble the burritos, add about 1/4 cup egg mixture and 1/8 cup black beans onto the wrap. Fold ends of wrap inward then roll tightly. Once assembled, be sure that wraps are cooled then wrap in plastic wrap and place in the freezer.
7. REHEAT INSTRUCTIONS: remove from plastic wrap, wrap in a damp paper towel, and microwave on high for 45-60 seconds or until thoroughly reheated. Add in optional ingredients, such as avocado, tomato, veggies, salsa, etc.

Servings: 12 burritos  
 Serving size: 1 burrito

Meal Prep Breakfast Burritos		
Nutrition Facts		
Serving Size: 1 Burrito		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	227.8 kcal	11 %
<b>Total Fat</b>	8.7 g	13 %
Saturated Fat	3 g	15 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	105.5 mg	35 %
<b>Sodium</b>	217.5 mg	9 %
<b>Total Carbohydrate</b>	26.9 g	9 %
Dietary Fiber	12.3 g	49 %
Sugars	2.6 g	
<b>Protein</b>	18.1 g	36 %
<b>Vitamin A</b>	14 %	<b>Vitamin C</b> 29 %
<b>Calcium</b>	32 %	<b>Iron</b> 13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a> </>		