

Breakfast Egg Burrito *Makes 4 burritos, Serves 4*

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| 4 large eggs | 1 teaspoon mustard |
| 2 Tablespoons frozen corn | 1/4 teaspoon granulated garlic |
| 1 Tablespoon milk* | 1/4 teaspoon hot pepper sauce (optional) |
| 2 Tablespoons diced green bell peppers | 4 - 8 inch flour tortillas |
| 1/4 cup minced onions | 1/4 cup prepared salsa |
| 1 Tablespoon diced fresh tomatoes | |

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce for 1 minute until eggs are smooth.
3. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
4. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
5. Wrap tortillas in a moist paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas, the steam can be hot.
6. Cut the cooked egg mixture into 4 equal pieces and roll 1 piece of the egg mixture in each tortilla.
7. Serve each burrito topped with 2 Tablespoons of salsa.

* Use low-fat or fat-free milk
