



Washington Farmers
Market Nutrition Program

Ingredients:

2 teaspoons vegetable oil
2 cups chopped potatoes (fresh,
frozen or pre-cooked)
1/2 onion, chopped
1 bell pepper, chopped
1- 2 cloves garlic, minced
2 eggs, beaten
1/2 teaspoon black pepper
1/2 teaspoon salt
Salsa
4 flour or corn tortillas

Breakfast Burrito

Makes 4 Servings



Directions:

1. In a large skillet, heat oil on medium setting.
2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer. Check for doneness with a fork.
3. Spread the potatoes out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix with the potatoes until eggs are cooked through). Stir all the ingredients together.
4. Wrap tortillas burrito style and top with salsa.



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| Nutrition Facts | |
|--|------------------|
| Serving size: 1 Burrito (227g) | |
| Servings Per Recipe 4 Burritos | |
| Amount Per Serving | |
| Calories 296 | Cal. from Fat 74 |
| % Daily Value* | |
| Total Fat 8g | 15% |
| Saturated Fat 2g | 8% |
| Cholesterol 94mg | 30% |
| Sodium 642mg | 25% |
| Total Carbohydrate 47g | 15% |
| Dietary Fiber 4g | 20% |
| Sugars 0g | |
| Protein 9g | |
| Vitamin A 10% | Vitamin C 80% |
| Calcium 10% | Iron 15% |
| * Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |

Breakfast Burrito

OPTIONS

- To reduce carbohydrate content, serve on a plate rather than in a tortilla shell.
- When serving, top each burrito with 1 to 2 teaspoons of low-fat sour cream.
- Add your favorite vegetables like spinach or zucchini.
- To reduce cholesterol, use an egg substitute or 4 egg whites.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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