

# Breakfast Burritos

## Ingredients

- 4 eggs
- ¼ cup nonfat or 1% milk
- salt, pepper and chili powder to taste
- 1 teaspoon vegetable oil
- 4 (10-inch) flour tortillas
- 1 cup fat-free refried beans
- ½ cup (2 ounces) grated cheddar cheese
- 1 tomato, chopped

## Instructions

1. Wash hands with soap and water.
2. Mix eggs, milk and seasonings in a bowl.
3. Heat oil in skillet over medium-high heat (350 degrees F in an electric skillet).
4. Pour eggs into skillet. Stir and cook until firm.
5. Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
6. Warm the refried beans in a separate pan.
7. On each tortilla, layer ¼ of refried beans, eggs, cheese and tomato.
8. Roll the burrito, cut in half, and enjoy!
9. Refrigerate leftovers within 2 hours.



## Notes

- Try your favorite salsa in place of the tomato.
- Use other vegetables that you have on hand, such as bell peppers or corn.
- Serve with guacamole, light sour cream, plain yogurt or salsa.
- Add chopped cilantro for more flavor.



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