

Breakfast Burrito

(Makes 8 burritos)

8 whole wheat Tortillas (7" to 8")
4 Eggs, whisked
1 cup cooked black beans (low sodium, canned)
8 Tablespoons salsa
8 Tablespoons shredded 2% milk sharp cheddar cheese
Optional: Peppers, onions, tomatoes, other vegetables as desired

Sauté vegetables in small amount of vegetable oil until slightly softened. Add eggs to vegetables and cook for 1-2 minutes. When eggs have started to become solid, add black beans. Stir and scrape pan until eggs are thoroughly cooked.

Warm tortillas for a few seconds in microwave and spoon 1/8 of egg mixture onto warmed tortilla. Add 1 Tbsp cheese and salsa to each burrito, and wrap.

To freeze, wrap each burrito in plastic wrap. When ready to eat, take plastic wrap off burrito, wrap in a paper towel and warm in microwave.

Nutrition information per burrito: 220 calories, 7g fat, 4g fiber, 11g protein. Good source of: Iron, Calcium.

Make Ahead Berry Muesli

(makes one serving)

1/2 c Rolled Oats
1/2 c nonfat vanilla yogurt
1/2 cup frozen blueberries (or mixed berries)
1 T walnuts or other nuts

Mix together in a container:
Rolled oats, yogurt, and frozen blueberries.

Cover and let sit overnight in refrigerator.

In the morning, add nuts and eat cold (or microwave about 20 seconds for a hot cereal). You can add more yogurt or milk as needed.

Nutrition information: 300 calories, 5 g fat, 6g fiber, 12g protein. Good source of: Vitamin A, Vitamin C, Iron, and Calcium.

Breakfast Fruit Smoothie

(makes one smoothie)

1/3 cup soft or silken tofu
1/2 cup frozen or fresh strawberries
1/2 cup apple (or other fruit juice)
1 Tbsp honey

Combine ingredients in blender. Blend until smooth. Serve chilled.

Nutrition information: 190 calories, 8g protein, 2g dietary fiber, 3g total fat (0g sat. fat). Excellent source of Vitamin C, Good source of Calcium.

