

## Breakfast Burritos

Eggs in a blanket!

4 servings

### Ingredients:

4 eggs  
1/4 cup milk  
1 teaspoon margarine  
1 cup refried beans  
4 flour tortillas  
1/2 cup grated cheese  
1/4 to 1/2 cup salsa

### Directions:

1. In a medium bowl, mix eggs and milk with a fork. 2. Melt margarine in skillet on medium heat. Stir in egg mixture and cook until firm. 3. Heat refried beans 1 to 2 minutes in microwave or in pan on stovetop. 4. Soften tortillas in microwave or skillet. On each tortilla, put 1/4 the eggs, beans, cheese and salsa. Roll tortilla to eat.

*Nutrition Facts: One burrito provides 360 calories, 14g total fat, 225mg cholesterol, 750mg sodium, 40g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



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### Chef's Choice

Breakfast Burrito  
Peach slices  
Low fat milk

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