

# Breakfast Burritos

Eggs in a blanket!



Level: Easy

Serves: 4

## Kids' Tool Kit

Mixing bowl  
Measuring cups  
Skillet  
Fork  
Spoon

## Chef's Choice

Breakfast Burrito  
Peach slices  
Low fat milk

## 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:

**Remember to wash your hands!**

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.



**Helpful Hints:** They are called Breakfast Burritos, but could also be served as a main meal. Other ingredients such as green peppers, onion or mushrooms could be added for extra flavor.



**Safety Tips:** Turn skillet handle toward the back of the stove so the skillet doesn't get knocked off and spilled while cooking.

## Nutrition Facts

Serving Size 1 burrito (216g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 360</b>	Calories from Fat 120
% Daily Value*	
<b>Total Fat 14g</b>	<b>21%</b>
Saturated Fat 5g	26%
<b>Cholesterol 225mg</b>	<b>76%</b>
<b>Sodium 750mg</b>	<b>31%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 4g	15%
Sugars 2g	
<b>Protein 20g</b>	
Vitamin A 10%	• Vitamin C 6%
Calcium 30%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 60g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book with this cooking activity: *Ira Sleeps Over* by Bernard Waber

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).