

# Breakfast Burrito with Salsa

*From U.S. Dept. of Agriculture*



**Ingredients:**

4 fresh lg. eggs  
2 T. frozen corn  
1 T. lowfat milk  
2 T. fresh green peppers, diced  
1/4 cup onions, minced  
1 T. fresh tomatoes, diced  
1 tsp. prepared mustard  
1/4 tsp. granulated garlic  
1/4 tsp. hot pepper sauce (optional)  
4 flour tortillas, 8-inch  
1/2 cup canned salsa  
1/2 tsp. salt

**To Prepare:**

Preheat oven to 350°. In a lg. bowl, blend eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 min. until eggs are smooth. Pour egg mixture into lightly oiled 9" x 9" x 2" baking dish and cover with foil. Bake for 20-25 min. until eggs are set and thoroughly cooked. Wrap tortillas in plastic and

(over)

microwave for 20 sec. until warm. Be careful when unwrapping tortillas. The steam can be hot! Next, cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg mixture into each tortilla. Serve each burrito topped with 2 T. salsa. Makes 4 servings.

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