



## **Breakfast Burritos**

*Makes 2*

2 large eggs, lightly beaten

2 teaspoons milk

Pinch of Salt and pepper

1 teaspoon butter

2 flour tortillas

¼ cup shredded cheddar cheese

½ green onion, thinly sliced

Choice of breakfast meats; 2 slices cooked bacon, 2 tablespoons diced ham, 2 tablespoons cooked crumbled breakfast sausage

Crack eggs into a liquid measuring cup (or small bowl). Add milk, salt and pepper and gently whisk. In a skillet, melt butter. Pour in eggs and cook and stir over medium heat until the eggs are loosely set. Turn off heat but allow egg to sit in pan a minute longer.

Lay out 2 tortillas and sprinkle 2 T of cheese down the center of each one. Lay choice(s) of breakfast meat atop cheese. Sprinkle green onion atop meat. Spoon half of scrambled eggs down the center of each tortilla. Fold bottom and sides of each tortilla over filling.

Eat immediately or wrap individually in waxed paper and aluminum foil. Freeze for up to 1 month.

To use frozen burritos: Remove foil and wax paper. Place burritos on a microwave-safe plate.

Microwave at 60% power for 1 to 1-½ minutes or until heated through.

Let stand for 20 seconds before eating.