



Blast-off Burritos

Serving Size: 1/2 burrito

Yield: 8 Servings

Ingredients:

4 eggs

1/4 cup milk

1 teaspoon vegetable oil

1 cup refried beans, fat free

4 10" tortillas, flour

1/2 cup cheddar cheese, shredded

1 tomato, chopped

salt

pepper

chili powder



Directions:

1. Mix eggs, milk, and seasonings in a bowl.
2. Heat oil in pan over medium-high heat (350 degrees in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the refried beans in a separate pan.
5. Warm the tortillas on a griddle or wrap in foil and heat in the oven.
6. On each tortilla, layer 1/4 refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half and enjoy!

Notes:

Try your favorite salsa in place of the tomato.

Use other vegetables from your refrigerator, such as green or red bell peppers, or cooked corn.

Serve with guacamole or light sour cream.

Nutrition Facts: Calories, 220; Calories from fat, 70; Total fat, 8g; Saturated fat, 3g; Trans fat 0g; Cholesterol, 115mg; Sodium, 460mg; Total Carbohydrate, 25g; Fiber, 3g; Protein, 10g; Vitamin A, 6%; Vitamin C, 6%; Calcium, 15%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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