



Dash
of
Wellness

Green Breakfast Burritos

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& ENVIRONMENTAL SCIENCES

½ tsp. olive oil
6 cups spinach, washed and
chopped (10 oz. bag)
3 Roma tomatoes, washed,
seeded, and diced
4 egg
4 egg whites

2 Tbsp. nonfat milk
2 tsp. smoked paprika
½ tsp. pepper
1 avocado, washed, peeled,
pitted, and sliced
½ cup feta cheese (optional)
8 whole wheat tortilla wraps (*gluten
free for a celiac friendly option*)

Directions

1. Wash hands with soap and water. In a small bowl, combine eggs, milk, paprika, and pepper. Set aside.
2. Over medium heat, add oil to a deep skillet, chopped up spinach and tomatoes. Sauté until spinach is wilted.
3. Add egg mixture to the pan and cook until internal temperature reaches 160°F on food thermometer.
4. Divide mixture between eight tortillas. Top each with cheese and avocado.
5. Fold burrito style. Drizzle with hot sauce or salsa if desired. Enjoy! **Yield:** 8 servings

Nutrition Facts (per burrito without cheese): 210 calories, 9 grams fat, 350 milligrams sodium, 23 grams carbohydrate, 2 grams fiber, 10 grams protein

Note: Refrigerate leftovers, microwave for 2-3 minutes to reheat and when the food thermometer reads 165°F and eat in three days.

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