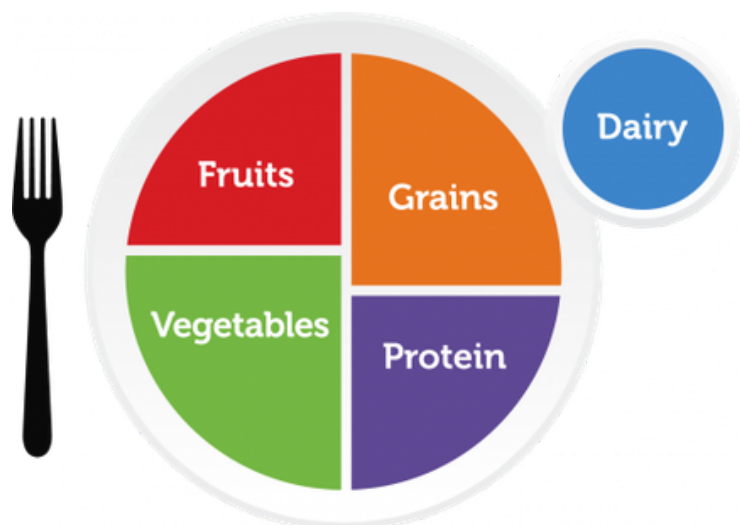


HAPPY NATIONAL BURRITO DAY!

MyPlate recommends eating a breakfast that includes at least 3 of the food groups:



Swipe for a delicious burrito recipe featuring vegetables, grains, and protein!



SPEEDY BREAKFAST BURRITOS

MAKES 10 SERVINGS

INGREDIENTS:

- 1 tablespoon cooking oil
- 4 cups potatoes, finely chopped
- 1 medium onion, chopped
- 1 medium red or green bell pepper, chopped
- 3 garlic cloves, finely chopped
- 2 eggs, beaten
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 10, 8-inch tortillas (flour or corn)
- Optional: Shredded cheddar cheese, hot sauce, salsa, to taste

EQUIPMENT:

- Cutting Board & Knife
- Measuring Cups & Spoons
- Large Skillet & Stovetop/Hotplate
- Heat-Safe Stirring Spoon
- Optional: Microwave



SPEEDY BREAKFAST BURRITOS



STEPS:

1. Wash hands with soap and water.
2. Chop potatoes, pepper, onion, and garlic.
3. In a large skillet, heat oil on medium-high setting.
4. Add potatoes, onion, bell pepper, and garlic. Cook until potatoes are fork tender, about 10 minutes.
5. Reduce heat to medium, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble until fully cooked. Avoid mixing with the potatoes until the eggs are firm. Stir all ingredients together.
6. *Optional:* Warm tortillas in microwave for 15 seconds (this makes them easier to wrap).
7. Evenly divide the potato/egg mixture among the 9 tortillas.
8. Freeze any extra burritos (See instructions on next slide!) ->
9. *Optional:* Top with salsa, hot sauce, and cheese. Enjoy!



SPEEDY BREAKFAST BURRITOS

FREEZING & REHEATING:

1. Wrap the egg and potato mixture in tortillas, but wait to add optional toppings (salsa, hot sauce, and cheese) until after thawing.
2. Wrap each burrito tightly in aluminum foil and place them in a freezer-safe zip-top bag.
3. Freeze for up to 3 months.
4. To reheat, unwrap the frozen burrito from the foil.
5. Wrap the burrito in a damp paper towel, place it on a microwave-safe plate, and microwave for 2-4 minutes, until heated through.
6. Open the burrito and add optional toppings (cheese, salsa, and hot sauce). Enjoy!

SPEEDY BREAKFAST BURRITOS

FINISHED PRODUCT:



Picture and Recipe from: myplate.gov/recipes/breakfast-potato-egg-burritos