

These healthy breakfast burritos are made with scrambled eggs, sautéed veggies, black beans, and melty cheese, all wrapped in a whole-grain tortilla. They're high in protein, freezer-friendly, and perfect for busy mornings. Plus, you can add whatever extras you like best. These are great for meal prep!

INGREDIENTS:

- 6 large eggs
- 2 tbsp. unsweetened almond milk (or water – regular milk works too)
- 1 cup dry black beans (cooked, rinsed, and drained)
- 1 large red bell pepper (finely diced)
- 1 small red onion (finely diced)
- 1 cup fresh baby spinach (finely chopped)
- ½ cup shredded sharp cheddar cheese
- 2 tsp. extra virgin olive oil
- ½ tsp. ground cumin
- salt and pepper (to taste)
- 4 large whole-grain tortillas



INSTRUCTIONS:

1. Gather, prep, and measure all your ingredients.
2. Heat olive oil in a pan. Sauté onion and bell pepper until soft, 4-5 min.
3. Add spinach, cook until wilted.

4. Stir in the cooked black beans, cumin, salt and pepper.
Remove from heat.
5. Whisk eggs with milk or water.
6. Scramble in nonstick skillet over medium heat until just set.
Season lightly with salt and pepper.
7. Lay tortillas flat. Divide eggs, veggie-bean mix, and cheese across each.
8. Roll into burritos.
9. Toast seam-side down in a dry skillet to seal and crisp the exterior.
10. Wrap in parchment, then foil.
11. Freeze for up to 2 months. Reheat in the microwave or oven.
REMOVE FOIL BEFORE MICROWAVING!

NUTRITION

Serving: 1burrito | Calories: 506kcal | Carbohydrates: 59g |

Protein: 28g | Fat: 18g | Saturated

Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated

Fat: 5g | Trans

Fat: 0.03g | Cholesterol: 293mg | Sodium: 506mg | Potassi

um: 1007mg | Fiber: 12g | Sugar: 6g | Vitamin

A: 2545IU | Vitamin C: 57mg | Calcium: 311mg | Iron: 5mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source www.thegraciouspantry.com/healthy-breakfast-burritos