

Breakfast Burrito

PREP TIME: 4 MINUTES | COOK TIME: 2 1/2 MINUTES | SERVES: 1

Getting a protein and veggie breakfast quickly is easy with a microwave. Try this burrito stuffed with egg, spicy diced tomatoes, and corn.

Ingredients

- 2 large egg whites or 1 large egg
- 3 Tbsp. from one 15.25 oz. can whole kernel corn with no salt added, drained
- 1 (7 to 8-inch) flour tortilla
- 3 Tbsp. from one 14.5 oz can diced tomatoes with green chilies, well drained
- 2 Tbsp. shredded low fat sharp cheddar cheese

Instructions

1. Coat a 6 oz. microwave-safe glass or ceramic ramekin with non-stick cooking spray. Add egg and beat with fork until well blended. Stir in corn. Loosely cover egg mixture and microwave 2 minutes on HIGH or until eggs are just set. Remove from microwave.
2. Microwave tortilla 15 seconds on HIGH. Cut egg mixture in half and place egg halves down center of tortilla. Sprinkle egg with cheese, then spoon on tomatoes. To serve, fold up one end of tortilla and overlap sides slightly over egg filling.

Recipe Variation

For a Mediterranean-style breakfast burrito, prepare recipe as directed, except replace tortilla with 1/2 pita bread round and replace cheddar with reduced-fat feta.

Note

Store remaining corn and tomatoes in covered glass or plastic containers and use within 3 days.