

BREAKFAST BURRITO

Ingredients

1/2 cup chopped tomato
2 tablespoons chopped onion
1/4 cup canned corn
1/4 cup egg substitute
1 flour tortilla, 6 inches in diameter
2 tablespoons salsa

Directions

In a small skillet, add the chopped tomato, onion and corn. Cook over medium heat until the vegetables are soft and moisture is evaporated. Add the egg substitute and scramble with the vegetables until cooked through, about 3 minutes.

To serve, spread the egg mixture in the center of the tortilla and top with salsa. Fold in both sides of the tortilla up over the filling, then roll to close. Serve immediately.

4 points

6 pointsplus