

Healthy Freeze-Ahead Breakfast Burritos

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Active time: 20 minutes Total time: 22 minutes

Serves: 6 | Serving Size: 1 burrito

Calories: 375; Total Fat: 15g; Saturated Fat: 6g; Monounsaturated Fat: 4g; Carbohydrate: 44g; Dietary Fiber: 10g; Sugar: 3g; Protein: 20g

Ingredients

- 1 cup (190g) frozen corn
- 1 medium tomato, seeded and chopped
- 2 medium green onions, thinly sliced
- 1 jalapeno chili, seeded and finely chopped
- 2 tablespoons cilantro, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 large eggs
- 2 teaspoons taco seasoning
- 1 (15-ounce/425g) can low-sodium black beans, drained and rinsed
- 6 large (10-inch/25cm) whole-grain tortillas (such as Trader Joe's Whole Grain Tortillas)
→ OPT FOR LOW CARB WRAPS IF YOU ARE WATCHING YOUR WEIGHT
→ OPT FOR LOW CARB WRAPS IF YOU ARE DIABETIC!!
- 1 cup (113g) cheddar cheese



Directions

1. Combine the corn, tomatoes, green onions, jalapeno, cilantro, salt and pepper. Set aside.
2. Whisk the eggs with the taco seasoning. Heat a non-stick skillet over medium-high heat. Add the eggs and cook, stirring occasionally, until the eggs begin to set, 1 minute. Reduce heat to low and cook, stirring once or twice, until the eggs are completely cooked, 3 minutes more. Set aside and let cool completely.
3. Wrap the tortillas with slightly damp paper towels and microwave on high until pliable, 1 minute.
 - a. Alternatively, heat each tortilla individually in a skillet until pliable, wrapping them in a clean towel as you work to keep them warm.
4. Divide the corn salsa, eggs, beans and cheese among the tortillas, placing the ingredients in the center of each tortilla. Fold in the left and right sides of the tortilla to partially cover the filling and then roll up tightly. Wrap in foil and freeze until needed.
5. **To serve, discard foil.**
6. Microwave on 50% heat (defrost on most microwaves) for 2 minutes on a microwave-safe plate. Turn the burrito over and microwave on high power until heated through, 1–2 minutes.

Alternatively, reheat, still wrapped in foil, in a 350°F (177°C) oven until heated through, 20 minutes.