



Breakfast Power Burritos with Pico de Gallo

SERVES: Hearty tasting portion for 6

Pillars of Nutrition: All in for Whole Grains & Lean on Protein, & Eat the Rainbow

Ingredients

- 2 teaspoons + 1 teaspoon **olive oil**
- 1 large **onion**, sliced
- 3 **bell peppers**, any color, sliced
- 1 cup **sweet corn** (fresh, frozen, or canned)
- 1 can (14 ounces) **black beans**, drained/rinsed
- 1 teaspoon **cumin**
- 6 **eggs**
- ¼ teaspoon **salt** or (½ teaspoon sea salt)
- 6 (8 inch) **whole grain tortillas**
- **Cheddar** or **Jack cheese**, grated
- **Hot sauce** or **salsa** (optional, to taste)

Pico de Gallo

- 1 clove **garlic**, minced
- 4 **tomatoes** (preferably Roma) roughly chopped
- 3 **green onions**, chopped
- ⅓ cup **cilantro**, chopped
- 1 **lime**, juiced
- ½ **jalapeño pepper**, stemmed and diced (optional)
- ⅛ teaspoon **salt** (or ¼ teaspoon sea salt)

Variations to Try

- Try with different colored peppers
- Add some fresh avocado

Something to Chew On

- Burritos are more popular in northern Mexico rather than the country as a whole
- What is the difference between burritos and tacos?
- Extremely nutritious, eggs are a complete protein and have a rich supply of key vitamins and minerals

Pico de Gallo Salsa

1. Mince the **garlic** and chop the **tomatoes**, **green onions**, and **cilantro**.
2. Slice **jalapeño pepper** in half, remove pith, seeds, stem and dice (optional).
3. Juice the **lime** and add the **salt**. Combine all ingredients in a bowl, mix well and set aside.

Burritos

4. Cut the **onion** and **green peppers** into long strips.
5. Heat 2 teaspoons of **olive oil** in a medium skillet over medium heat, until shimmering.
6. Add **onions**, **green peppers**, and **cumin** to the skillet. Sauté until soft, 8-10 minutes.
7. Add **sweet corn** and **beans**, saute until warmed. Turn heat to low.
8. Crack **eggs** into a medium bowl. Whisk with a fork until frothy.
9. Add 1 teaspoon **olive oil** in a separate skillet, scramble **eggs**, stirring until cooked.
10. Place whole **wheat tortilla** on a plate. Place a layer of hot **vegetables** on top of the **tortilla**, leaving 1 ½ - 2 inch border on either side. Place a layer of scrambled **eggs** on top of **vegetables**. Top with **cheese** and **salsa**. Fold bottom and sides of **tortilla** around the filling.
11. Place in skillet with **cheese** side down.
12. Cook over low heat for 1- 2 minutes until toasty, flip and cook for one more minute.
13. Remove to a plate and let cool slightly. Add more **hot sauce** or **salsa** as desired and Enjoy!