



## BREAKFAST BURRITOS

SERVES 8 | PREP 15 mins | COOK 5 mins | READY 20 mins

Burritos are a fun handheld breakfast option to bring on campus. This recipe is amazing because it's easy and you can prepare your burritos ahead of time! They store in the freezer and reheat quickly in a microwave. I like to experiment using wheat or whole grain tortillas, but you can use any burrito size tortilla that you'd like. I normally like to add bell peppers and spinach to my eggs and decided to try adding them to my burritos too. The veggies do not disappoint, and they give this recipe an extra boost of nutrients. One burrito contains 41% of your daily value of vitamin B12!



### WHY IS VITAMIN B12 IMPORTANT?

B12 helps form red blood cells and is essential for healthy brain function.



### INGREDIENTS

- 8 tortillas (whole wheat will give extra fiber!)
- 16 eggs - whisked
- 2 tbsp olive oil
- 5oz spinach
- 2 bell peppers sliced into strips
- 1/2 sweet onion chopped
- 1 can black beans
- 1.25 cups shredded Mexican cheese

\*Feel free to add any cooked meats (sausage, bacon, chorizo) or beans to mix it up and make this to your liking!

## METHOD

- 1) Sauté bell peppers and onions in olive oil. Add spinach and set aside.
  - 2) Add eggs and scramble into vegetable mixture. Add dash of salt and pepper.
  - 3) Lay out tortillas and assemble burritos in an assembly line by filling with egg and veggie mix and then topping with beans and shredded cheese. Be sure not to add too much filling and leave about an inch of space from the edges.
  - 4) Wrap burrito by folding the shortest edges in first, then the left side, and lastly the right side.
  - 5) Store burritos separated by wax paper or in sandwich baggies. Can be stored in the refrigerator for 3-4 days or in the freezer for up to a month.
  - 7) To reheat: – microwave for 1-2 minutes (varies based on your microwave).
- Top or add with whatever you like: salsa, hot sauce, or guacamole, and enjoy!



## THE FINAL PRODUCT



## COST PER SERVING

Tortillas: \$0.35

Eggs: \$0.17

Olive oil :\$0.04

Spinach: \$0.19

Bell peppers: \$0.36

Onion: \$0.05

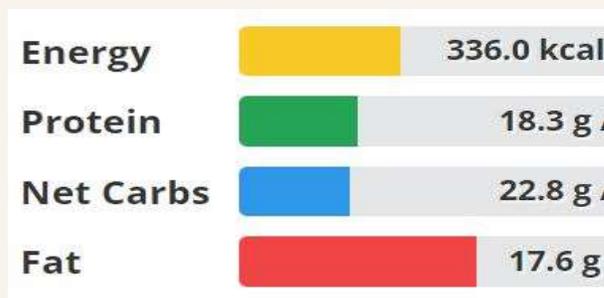
Black beans: \$0.08

Cheese: \$0.09

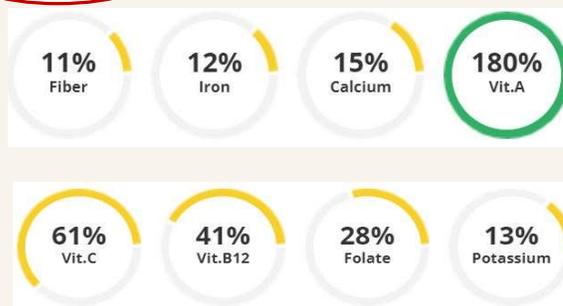
\$1.33 is less than the cost of your average smoothie/coffee/fast food sandwich and it packs more nutrition.

\*Cost per serving calculations based on pricing at King Soopers.

## NUTRITION INFO



Total: \$1.33



## ABOUT THE AUTHOR:



Diana Mills is a dietetic intern at MSU Denver. She enjoys cooking and food photography. Follow her for more recipes:

[instagram.com/dianasbalance](https://www.instagram.com/dianasbalance)

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