



BREAKFAST BURRITO

Start your morning off right with this quick, on-the-go breakfast! This protein-rich burrito will keep you fueled all morning as you go between classes.

2 eggs

1/4 cup refried beans, low-sodium

2 tablespoons shredded cheese

1/4 cup diced red, yellow, or orange bell pepper

1 whole-grain flour tortilla

1/4 avocado

2 tablespoons salsa

1/4 cup shredded spinach

- 1. Crack** eggs into microwave safe bowl.
- 2. Add** your choice of vegetables to bowl.
- 3. Cook** for 30 seconds on high.
- 4. Stir** contents in bowl and cook for another 30 seconds or until firm.
- 5. Microwave** tortilla between two damp paper towels for 30 seconds.
- 6. Add** the beans and cheese to the open tortilla and top with cooked eggs & veggies.
- 7. Serve** with the spinach, sliced avocado, and salsa.

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