



**K-STATE**  
Research and Extension

## Faster than the Drive-Thru

### Breakfast Burrito

Makes 4

#### Ingredients:

- ½ cup grated cheddar cheese
- 2 eggs, scrambled
- 4 flour tortillas (6 to 8-inch size)
- 4 tablespoons salsa, optional



#### Directions:

1. Put 2 tablespoons cheese and ¼ cup scrambled eggs on each tortilla.

2. Heat 2 tortillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa if desired, roll up and serve.

#### Nutrition Facts:

1 burrito provides 230 calories, 11 g total fat, 4.5 g saturated fat, 0g trans fat, 420 mg sodium, 24 g total carbohydrate, 1 g dietary fiber, 1 g sugars, 10 g protein, 15% calcium, 10% iron

Recipe from Book in the Bag

[http://www.be.k-state.edu/fnp/BIB/BIB\\_pdfs/burrito%20pdfs/parentburrito.pdf](http://www.be.k-state.edu/fnp/BIB/BIB_pdfs/burrito%20pdfs/parentburrito.pdf)

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition; Susie Bilderback, Extension Program Assistant; and Katie Hamm, former senior in Dietetics • Resources: [http://kidshealth.org/parent/nutrition\\_fit/nutrition/breakfast.html](http://kidshealth.org/parent/nutrition_fit/nutrition/breakfast.html) • <http://www.cboosemyplate.gov/> • [http://www.be.kstate.edu/fnp/resources/newsletters/Wellness\\_Newsletter/ctrlmilk%20matters.pdf](http://www.be.kstate.edu/fnp/resources/newsletters/Wellness_Newsletter/ctrlmilk%20matters.pdf) • *Book in the Bag* <http://www.be.k-state.edu/fnp/bib.html> • <http://www.kidsacookin.ksu.edu/> • Ellyn Satter *Child of Mine*

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