

breakfast burritos

SERVES 12

COOK TIME: 10 minutes

12 whole wheat tortillas (could also use corn)
12 eggs

Add-Ins of Choice

1 lb [homemade turkey sausage](#) or other lean breakfast meat
Cooked, chopped spinach
Salsa
Cooked beans
Cooked chopped or shredded potatoes
Leftover roasted vegetables, chopped
Shredded Cheese

SCRAMBLE eggs in a large skillet until done.

STIR in add-ins of choice, except for cheese (if using).

SET aside and let cool (this will help prevent the tortillas from getting soggy).

LAY out tortillas and start assembling burritos, starting with cheese (if using) then top with egg mixture.

ROLL into a burrito, tucking ends so egg mixture won't fall out.

INDIVIDUALLY wrap each burrito in plastic wrap or parchment paper followed by aluminum foil.

PLACE in freezer or store in fridge up to 5 days.

EATING FROM FREEZER: You can move these directly from the freezer to microwave or let them thaw in the fridge overnight.

UNWRAP burritos from foil or plastic wrap and wrap in a paper towel.

PLACE in microwave and cook 1-2 minutes or until heated through.

OR

PLACE unwrapped, thawed burritos in a 350°F oven for 10 minutes.