

Make-ahead freezer breakfast burritos

Makes 6 burritos

6 large tortillas (10")
1 tablespoon olive oil or spray oil
1 3/4 cups frozen diced potatoes
6 eggs
1/2 cup skim milk
1/4 teaspoon salt
1 1/2 cups shredded part skim Mexican style cheese blend

Optional: baby spinach, chopped cooked bacon or vegetarian substitute, black beans, salsa, green chiles



Heat half of oil in large pan. Add potatoes and cook until lightly browned. In a bowl, whisk eggs, milk, and salt, then add to a separate oiled pan and cook through. Remove pan from heat.

Microwave tortillas for 30 seconds to soften, then assemble burritos by sprinkling 1/4 cup cheese, 1/2 cup potato, and 1/2 cup scrambled egg on each tortilla. Add any additional toppings, if using. Roll tightly and wrap in foil. Freeze flat in freezer bag.

To reheat, remove foil and place burrito on plate. Microwave 2:30 to 3 minutes depending on microwave. If using toaster, bake at 325F for 30 minutes.

Nutrition info: 325 calories, 16g fat, 317mg sodium, 32g carb, 3g fiber, 15g protein. Good source of vitamin A. Excellent source of calcium.



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