

# Blast-Off Burritos

This recipe is a good source of calcium, which keeps bones and teeth strong.

## Ingredients:

- 4 **eggs**
- 1/4 cup low-fat **milk** (1%)
- Salt and pepper, **chili powder** to taste
- 1 teaspoon **vegetable oil**
- 1 cup fat-free refried **beans**
- 4 **flour tortillas** (10")
- 1/2 cup (4 oz.) grated **cheddar cheese**
- 1 **tomato**, chopped

## Directions:

1. Mix eggs, milk, and seasonings in a bowl.
2. Heat oil in pan over medium-high heat (350 degrees in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the refried beans in a separate pan.
5. Warm the tortillas on a griddle or wrap in foil and heat in the oven.
6. On each tortilla, layer 1/4 refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half and enjoy!
8. Refrigerate leftovers within 2-3 hours.

## Tips:

- ▶ Try your favorite salsa in place of the tomato.
- ▶ Use other vegetables that you have in the refrigerator, such as green or red bell peppers, or cooked corn.
- ▶ Serve with guacamole or light sour cream.



**Servings: 8**  
**Serving size: 1/2 burrito**

### **Nutrition information (per serving):**

Calories: 170  
Total Fat: 7g  
(Saturated Fat: 2.5g)  
Cholesterol: 115 mg  
Dietary Fiber: 2g  
Sodium: 430 mg



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# Digging In!



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