

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



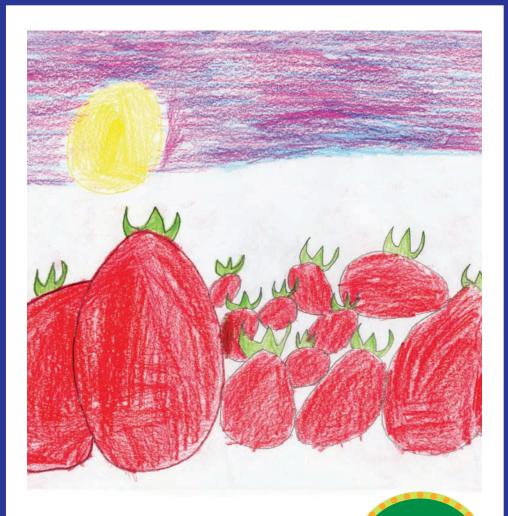
Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at http://www.healthyrecipes.oregonstate.edu.

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Lesson 1

Digging In!



Healthy Recipes