

PREPARATION: 10 MINUTES

COOKING: 5 MINUTES

2 SERVINGS



BREAKFAST BURRITO

INGREDIENTS

1 teaspoon olive oil

2 tablespoons onion, minced

2 tablespoons red pepper, diced

1/8 teaspoon cayenne pepper

2 large eggs, beaten

2 small flour tortilla

4 leaves Boston lettuce

1 green onion, sliced

PREPARATION

- 1 In a small non-stick frying pan, heat oil over medium heat.
- 2 Fry the onion and the peppers. Season with cayenne pepper.
- 3 Add the eggs and stir from time to time until the eggs are cooked, but still soft. Set aside.
- 4 Fill each tortilla with two leaves of lettuce and half of the egg mixture. Garnish with green onions, roll them close and serve.

Suggestion: Make a sandwich by serving the eggs on a slice of toast.

Nutrient Analysis

PER SERVING:

1 Burrito

RENAL EXCHANGE:

1 Protein+ 1 Starch

Calories	213Kcal
Protein	9g
Carbohydrates	21g
Fibre	2g
Total Fat	10g
Saturated Fat	2g
Cholesterol	193mg
Sodium	221mg
Potassium	182mg
Phosphorus	118mg