HEALTHY RECIPES
BREAKFAST BURRITO

By Mayo Clinic Staff

Dietitian's tip:

By using egg substitutes instead of whole eggs and substituting vegetables for sausage and cheese, you cut out much of the fat and cholesterol in this breakfast burrito.

Number of servings

Serves 1

Ingredients

- 1/2 cup chopped tomato
- 2 tablespoons chopped onion
- 1/4 cup frozen corn
- 1/4 cup egg substitute
- 1 whole-wheat tortilla, 6 inches in diameter
- 2 tablespoons salsa

Directions

In a small skillet, add the chopped tomato, onion and corn. Cook over medium heat until the vegetables are soft and moisture has evaporated. Add the egg substitute and scramble with the vegetables until cooked through, about 3 minutes.

To serve, spread the egg mixture in the center of the tortilla and top with salsa. Fold in both sides of the tortilla up over the filling, then roll to close. Serve immediately.
# Nutritional analysis per serving

**Serving size:** 1 burrito

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total carbohydrate</td>
<td>40 g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>11 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>629 mg</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Total fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Trans fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>1 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
</tr>
<tr>
<td>Monounsaturated fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Calories</td>
<td>256</td>
</tr>
<tr>
<td>Added sugars</td>
<td>0 g</td>
</tr>
</tbody>
</table>

## DASH Eating Plan Servings

- Grains and grain products: 1
- Meats, poultry and fish: 1
- Vegetables: 2

## Mayo Clinic Healthy Weight Pyramid Servings

- Protein and dairy: 1/2
- Vegetables: 2
- Carbohydrates: 2

## Diabetes Meal Plan Choices

- Meat and meat substitutes: 1
- Nonstarchy vegetables: 2
- Starches: 2