



Breakfast Burrito B

INGREDIENTS:

1 large whole egg
1 large egg white
1 slice reduced-fat American cheese
2 slices low-fat deli ham
1 10" whole wheat pita

DIRECTIONS:

Heat tortilla in warm pan; fry ham in pan and place on tortilla

Scramble eggs and cook in pan using nonstick cooking spray, add cheese and place on tortilla.

Roll tortilla into breakfast burrito.