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Breakfast Enchiladas

Ingredients

- 8 whole wheat tortillas
- 1 cup grated non/low fat cheese
- 1 cooked potato, diced
- 1/3 cup green pepper, chopped
- 1/3 cup onion, chopped
- 2 whole mushrooms, sliced
- 1/2 teaspoon black pepper
- 2 cups fat-free egg substitute or 16 egg whites
- 1 can tomato sauce
- 1 cup water
- 1 tablespoon chili powder
- 1 1/2 tablespoons unbleached flour

Directions

1. Coat a large nonstick skillet with nonstick cooking spray (nonfat).
2. Preheat over medium-high heat.
3. Add potatoes, green peppers, onions, mushrooms, and black pepper to skillet, and stir for 2-4 minutes.
4. Reduce heat to medium-low, and add the egg substitute or egg whites.
5. Cook for 1-2 minutes without stirring.
6. Then, gently scramble, cook for 1-3 additional minutes.
7. Remove the skillet from the heat, and cover to
8. keep warm.

9. To make the sauce, place the tomato sauce, 3/4 cup of the water, and chili powder in skillet.
10. Place over medium-high heat, and bring
11. to a boil.
12. Combine flour and remaining 1/4 cup of water in a jar, and
13. shake until smooth.
14. Slowly stir in the flour mixture to the tomato sauce,
15. and cook until bubbly. Reduce heat to low to keep sauce warm.
16. Coat a baking dish (9-x-13-inch) with nonstick cooking spray
17. (nonfat), and set aside.
18. Using tongs, dip a tortilla in sauce for 5-10 seconds, coating both sides.
19. Lay the tortilla on a flat surface, and spoon 1/3 cup of filling along the bottom. Roll the tortilla up and place seam side down in dish.
20. Repeat with the remaining tortillas.
21. Pour the leftover sauce over the filled tortillas, and sprinkle with the cheese.
22. Bake at 375 degrees F for 9-12 minutes.