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Breakfast Burritos

Estimated Prep Time: 5 min

Estimated Cook Time: 10 min

Makes 4 Burritos

Ingredients:

Olive Oil

1 medium Potato, cooked in the microwave and chopped into small pieces

1/4 Onion, chopped fine

Garlic Salt

Pepper

8 Egg Whites

4 Corn or Low Carb Tortillas

Cooking Materials:

Medium Nonstick skillet

Directions:

1. Heat the olive oil in the skillet over medium heat and add the potato and onion. Cook, stirring occasionally, until the onion is soft, about 5 min. Sprinkle with garlic salt and pepper to taste.
2. Add the egg whites and cook, scrambling, until done to taste.
3. Warm the tortillas in the microwave. Spoon the mixture on top and roll up. Serve while still warm, or wrap in foil to take with you.

Tip: Serve plain or with Salsa and/or Low Fat Cheese.