

Egg White Burrito

Total Time: 17 min.
Prep Time: 10 min.
Cooking Time: 7 min.
Yield: 1 serving

Ingredients:

- 1 Tbsp. olive oil
- 1 Tbsp. finely chopped red bell pepper
- 1 Tbsp. finely chopped yellow bell pepper
- 1 Tbsp. finely chopped green bell pepper
- 1 Tbsp. finely chopped red onion
- 3 large egg whites (1/3 cup)
- 1 (8-inch) whole wheat flour tortilla, warm
- 1 slice low-sodium turkey bacon, cooked, chopped
- Ground black pepper (to taste; optional)
- 2 Tbsp. fresh tomato salsa

Preparation:

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add bell peppers and onion; cook, stirring frequently, for 3 to 4 minutes or until soft.
3. Add eggs; cook, over medium heat, stirring frequently, for 2 to 3 minutes, or until eggs are set.
4. Top tortilla with egg mixture, turkey bacon, and pepper (if desired).
5. Roll tortilla burrito-style.
6. Serve with salsa.

Nutritional Information (per serving):

Calories: 346
Total Fat: 19 g
Saturated Fat: 3 g
Cholesterol: 10 mg
Sodium: 883 mg
Carbohydrates: 27 g
Fiber: 2 g
Sugars: 4 g
Protein: 16 g

Portion Fix Containers

1/2 Green
1 1/2 Yellow
1/2 Red
3 Tbsp.

