

# RECIPE OF THE MONTH:

## Breakfast Burritos

### INGREDIENTS FOR THE VEGGIES:

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 medium yellow onion, diced
- 1 medium sweet potato, diced into 1/2 inch cubes
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 teaspoon cumin
- 1/2 teaspoon chilli powder
- salt and pepper to taste

### INGREDIENTS FOR THE EGGS:

- 8 eggs
- 2 tablespoons water
- freshly ground salt and pepper

### INGREDIENTS FOR THE BURRITOS:

- 4 burrito-sized whole wheat tortillas
- 1/2 cup shredded cheddar cheese
- 1 avocado, sliced
- hot sauce

### INSTRUCTIONS:

**Step 1:** In a large skillet, add oil over medium heat and add in garlic, onion, sweet potato, red bell pepper, green bell pepper, cumin, chilli powder and salt and pepper. Stir together to coat the veggies with the spices, then cover and cook for about 10 minutes, stirring occasionally. Remove from heat once done cooking.

**Step 2:** In a medium bowl, whisk together the eggs, water, salt and pepper. Coat a nonstick skillet with cooking spray and place over medium low heat. Add in eggs and cook, folding every 30 seconds or so until the eggs are fluffy, then remove from heat and set aside.

**Step 3:** To assemble the burritos: lay out tortillas and evenly distribute the eggs and veggies. Add 2 tablespoons cheese, 1/4 avocado and hot sauce to each burrito. Tuck ends in then roll-up the burrito.

Source: <https://ambitiouskitchen.com/veggie-freezer-friendly-breakfast-burritos>

*Aurora Newmarket*

---

**Family Health Team**