

Freezer Breakfast Bowl Burritos

Servings 12

297 calories per serving

- 12 each, large egg – whisked
- 1 lb(s), ground turkey sausage
- 1 cup, shredded cheddar cheese
- 1 cup, diced tomatoes
- 1 cup chopped, sweet bell peppers, chopped
- ¼ cup chopped, onion
- 12 tortilla, whole grain tortilla

Instructions

1. On medium-high heat, brown turkey sausage and drain if needed. Once the sausage is browned, set aside and clean the skillet.
2. Spray skillet with non-stick spray (EVOO preferably) add diced tomatoes peppers, onions to sauté, 5-10 minutes until preferred tenderness.
3. Add whisked eggs to sautéed vegetables, whisking them to scramble until fully cooked.
4. Add browned turkey sausage to skillet, mix together.
5. Divide into 12 bowls and freeze. May top with shredded cheese and eat or add to tortilla, topped with shredded cheese when ready to heat/eat/serve.
6. Other option: Divide egg mixture evenly over each tortilla. Top with shredded cheese. Roll tortilla to create burrito shape – wrap individual burrito in tin foil and freeze. Thaw in refrigerator overnight (up to 24 hrs) – heat in microwave or oven (see #7).
7. Other option to lay tortillas on an ungreased baking sheet to bake 5-7 minutes or until cheese is melted and tortilla browns slightly.

Mission - Whole Grain Tortilla

Serving Size: 1 tortilla

			280
Calories	130	Sodium	mg
Total Fat	3 g	Potassium	0 mg
		Total	
Saturated	1 g	Carbs	22 g
		Dietary	
Polyunsaturated	1 g	Fiber	3 g
Monounsaturated	0 g	Sugars	2 g
Trans	0 g	Protein	4 g
	0		
Cholesterol	mg		
Vitamin A	0%	Calcium	8%
Vitamin C	0%	Iron	6%

Nutrition Facts
Including Tortilla

Servings 12.0

Amount Per Serving

calories 297

% Daily Value *

Total Fat 14 g **21 %**

Saturated Fat 5 g **26 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 30 mg **10 %**

Sodium 576 mg **24 %**

Potassium 46 mg **1 %**

Total
Carbohydrate 25 g **8 %**

Dietary Fiber 3 g **12 %**

Sugars 2 g

Protein 19 g **37 %**

Vitamin A **9 %**

Vitamin C **22 %**

Calcium **17 %**

Iron **10 %**
