

Freezable Egg and Sausage Burritos



Breakfast

Ingredients

| | |
|------------------------------|-------------------------------|
| 1 sliced yellow onion | 1/4 cup skim milk |
| 1 sliced green pepper | 1/2 cup salsa |
| 3/4 lb ground turkey sausage | Low fat shredded cheese |
| 5 eggs | Low carb high fiber tortillas |

Instructions

1. Sauté sliced onion and green peppers in a hot pan with olive oil for about 5 minutes.
2. In a separate pan, brown ground turkey sausage. Once browned, add eggs and milk and scramble together.
3. When eggs are cooked, add salsa to sausage and egg mixture.
4. Fill tortillas with 1/2 cup scoop of sausage and egg mixture and a scoop of pepper and onion mixture. Top with a sprinkle of cheese.
5. Roll each burrito in foil and store in a dated freezer bag. Stays good in the freezer for up to 6 months. When ready to eat, unwrap and remove from foil and microwave for 2 minutes; or place foil-wrapped burrito in an oven at 350° for 10-15 minutes.

Serves 5-6. Serving size: 1 burrito

Nutrition, per serving: 225 calories, 10g fat, 1g sugar, 25g protein