

BREAKFAST BURRITO

RECIPE BY CHRISTOPHER SINCLAIR-MCCALLA

Yields: 8 servings

- 8 burrito-sized **flour tortillas**
- **coconut oil**
- ½ **green bell pepper**, chopped
- ½ **red bell pepper**, chopped
- ¼ **red onion**, finely chopped
- 10 large **eggs**
- 2 Tbsp **low-fat milk**
- freshly ground **black pepper**, to taste
- **salt**, to taste
- ¼ cup diced **fresh tomatoes**
- 2 cups **shredded cheese** (such as Cheddar or Monterey Jack)



| Preparation | In large skillet, preferably nonstick, heat coconut oil over medium heat; add onion and bell peppers and cook until tender, stirring occasionally. Stir in tomatoes and add black pepper and salt.

In large bowl, with whisk, beat eggs with milk. In large skillet, preferably nonstick, heat coconut oil over high heat; add egg mixture and cook until eggs are cooked through, stirring and folding eggs to scramble. Remove skillet from heat. Combine cooked vegetables with the scrambled eggs.

Place tortillas on work surface; evenly sprinkle cheese in center of each tortilla; evenly spread egg mixture over cheese. Fold in sides of tortillas, then roll tightly to enclose burritos.

Wipe same skillet with a small amount of oil and heat over medium heat. Place burritos, seam side down, in skillet, and cook, in batches, until golden and crisp, turning to brown all sides.