

Egg and Bacon Breakfast Burritos



breakfast

POINTS® Value: 7

Servings: 2

Preparation Time: 10 min

Cooking Time: 10 min

Level of Difficulty: Easy

Bacon and scrambled eggs are rolled up in tortillas, baked and then topped with sour cream and avocado. Sure beats a bowl of oatmeal.

Ingredients

- 2 serving(s) butter-flavor cooking spray
- 3 large egg white(s)
- 2 large egg(s)
- 2 slice(s) Canadian-style bacon, finely chopped
- 1/4 tsp dried oregano, crushed
- 1/8 tsp table salt
- 1/8 tsp black pepper
- 3 tbsp salsa, drained of excess liquid before measuring
- 2 large burrito-size wheat flour tortilla(s)
- 4 tbsp reduced-fat sour cream
- 1/8 medium avocado, ripe, cut into 2 wedges

Instructions

Preheat oven to 400°F. Coat a small baking sheet with cooking spray. Coat a large skillet with cooking spray and heat over medium-low heat.

In a large bowl, beat egg whites and eggs. Add bacon, oregano, salt, pepper and salsa; stir well.

Pour egg mixture into prepared skillet; increase heat to medium. Let eggs partially set and then scramble using a spatula. When eggs are set but still slightly glossy, remove from heat.

Spoon half of egg mixture into center of each tortilla. Roll tortilla to conceal filling, making sure to fold in ends. Place burritos, seam-side down, on prepared baking sheet. Bake until burritos are very hot, about 5 minutes. Remove from oven and serve each burrito with 1 tablespoon of sour cream and 1 slice of avocado.

Notes

For a breakfast on the go, fill a toasted whole-wheat pita half with the scrambled egg mixture, sour cream and avocado.

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