

# **Breakfast Burritos**

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**Servings: 4**

**Preparation Time: 30 minutes**

**Start to Finish Time: 30 minutes**

**4 (8-inch) whole-wheat tortillas**

**1 large boiling potato, peeled, diced and cooked**

**3/4 pound Mexican chorizo , casing removed, chopped and cooked**

**4 eggs**

**1/8 teaspoon pepper**

**1 tablespoon olive oil**

**1/2 cup Monterey Jack cheese, coarsely grated**

**1 avocado, sliced**

**2 tablespoons salsa**

Preheat the oven to 350 degrees.

Wrap the tortillas in a large sheet of foil.

Heat the tortillas in the oven for 10 minutes.

Meanwhile, mix the potato and chorizo in a medium bowl.

In a small bowl, whisk the eggs with one tablespoon of water and the pepper.

Place the oil in a skillet. Cook the egg mixture in the skillet on low heat, stirring, until done.

Leaving room at the edges, divide the chorizo mixture, eggs, cheese, avocado and salsa among the tortillas. Roll up the tortillas tightly. Slice in half.

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Per Serving (excluding unknown items): 264 Calories; 20g Fat (67.9% calories from fat); 11g Protein; 10g Carbohydrate; 2g Dietary Fiber; 225mg Cholesterol; 188mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.