



FROZEN BREAKFAST BURRITO

Makes 12 servings | Serving size: 1 burrito

PREP TIME
10 min

COOK TIME
20 min

TOTAL TIME
30 min

These are the perfect make-ahead breakfast. Filled with peppers, onions, potatoes, eggs, and bacon, this tastes like a breakfast scramble all wrapped up with melty cheese. It's a family favorite and easy to take along when you're on the go.



Ingredients

- 3 medium russet potatoes, peeled and chopped
- 1 teaspoon olive oil
- 1 pound turkey bacon (or other breakfast meat of choice), chopped
- 1 red bell pepper, minced
- 1 medium white onion, minced
- 6 eggs
- 4 egg whites
- ½ cup milk (1%)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 12 whole wheat flour tortillas
- 2 cups shredded cheddar cheese

Directions

1. 3 medium russet potatoes, peeled and chopped
2. 1 teaspoon olive oil
3. 1 pound turkey bacon (or other breakfast meat of choice), chopped
4. 1 red bell pepper, minced
5. 1 medium white onion, minced
6. 6 eggs
7. 4 egg whites
8. ½ cup milk (1%)
9. ¼ teaspoon salt
10. ¼ teaspoon black pepper
11. 12 whole wheat flour tortillas
12. 2 cups shredded cheddar cheese