

Breakfast Burrito

Ingredients


Makes 4 servings

4 eggs 


¼ cup 2% milk 


1 teaspoon margarine 

1 cup of refried beans 

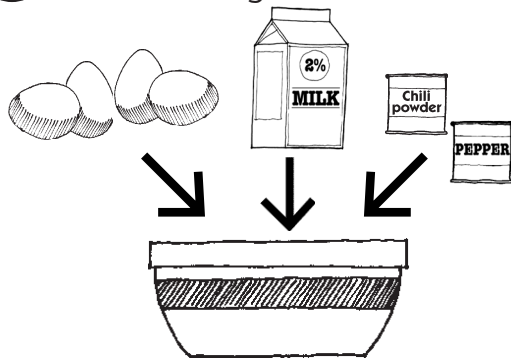
4 flour tortillas 

½ cup grated cheese 

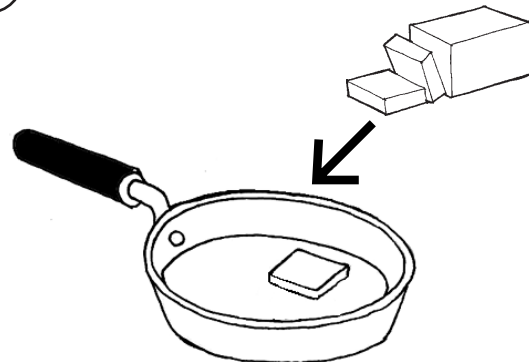
½ tomato, chopped 

Season to taste. 

1 Mix the eggs and milk in a bowl. Add seasoning.



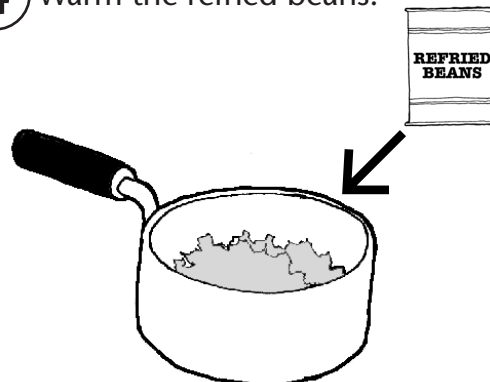
2 Heat fry pan and melt margarine.



3 Stir in the eggs and cook until firm.

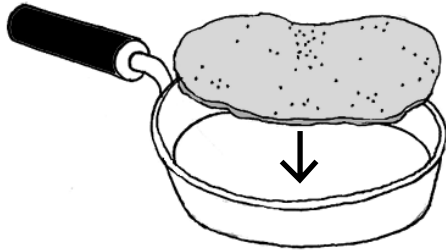


4 Warm the refried beans.

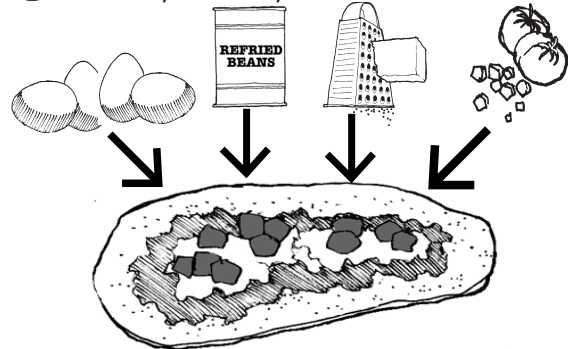


Breakfast Burrito

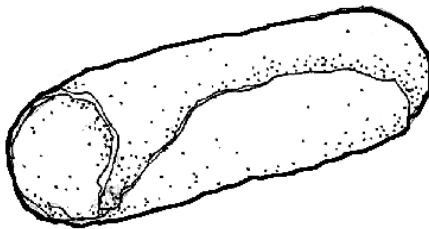
5 In a different fry pan or in a "comal," heat the tortillas.



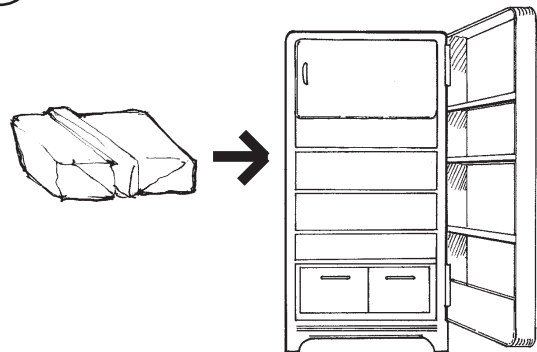
6 On each tortilla, put 1/4 of the eggs, beans, cheese, and tomato.



7 Roll the tortilla and eat!



8 Refrigerate leftovers within 2 hours.



Breakfast Burrito is good for:

Fiber Prevents constipation.



PROTEIN

Builds and repairs skin, muscle and blood.

B VITAMINS Turn food into energy.



CALCIUM

Builds strong bones and teeth.

Burrito para el Desayuno

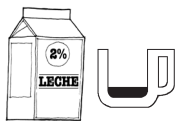
Ingredientes

Para 4 porciones

4 huevos



¼ taza de leche de 2%



1 cucharadita de margarina



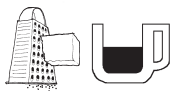
1 taza de frijoles refritos



4 tortillas de harina



½ taza de queso rallado



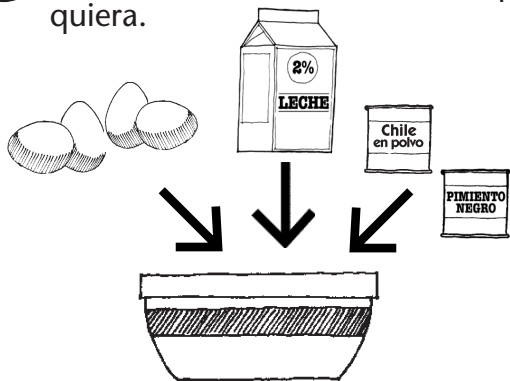
½ tomate picado



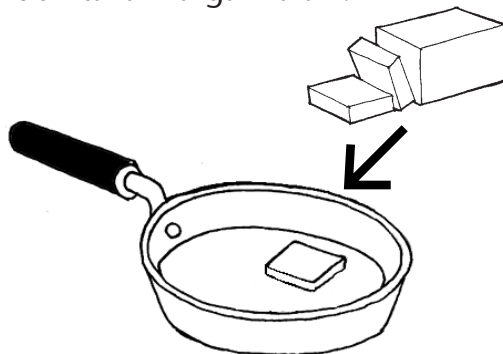
Sazón a su gusto.



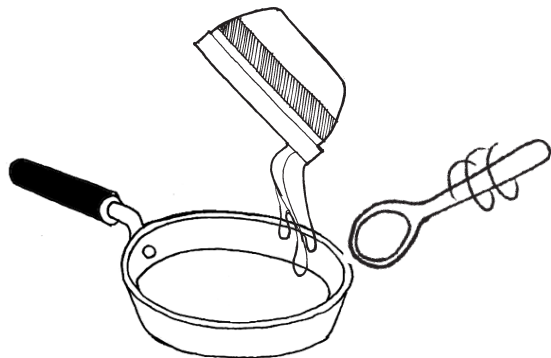
1 Bata los huevos y la leche en un tazón. Añada los condimentos que quiera.



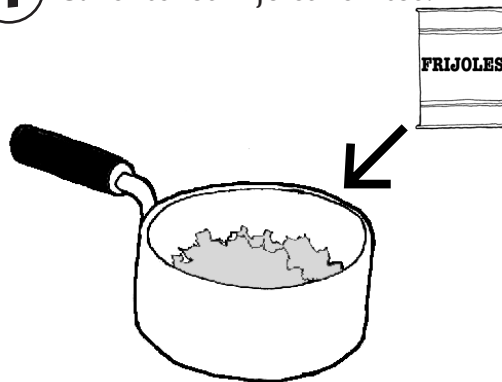
2 Caliente una sartén a fuego medio y derrita la margarina allí.



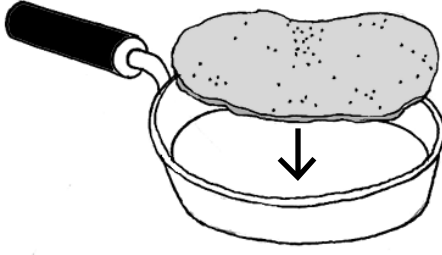
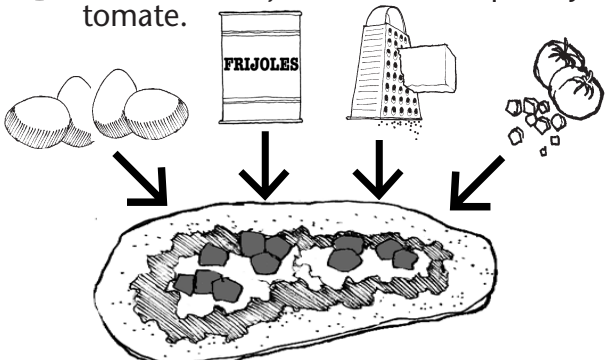
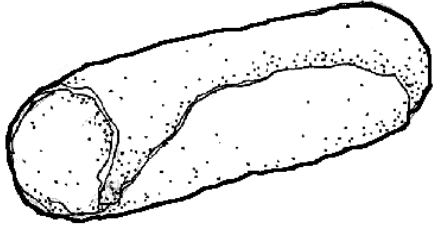
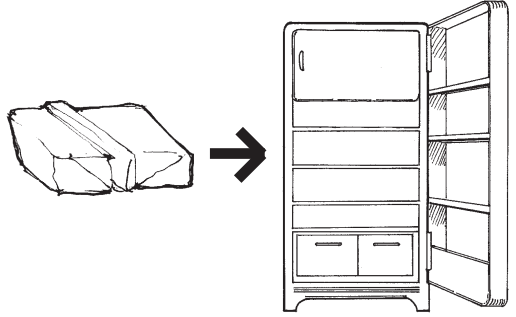
3 Eche los huevos revueltos en la sartén y cocine hasta que estén firmes.



4 Caliente los frijoles refritos.



Burrito para el Desayuno

<p>5 En otra sartén o comal, caliente las tortillas.</p> 	<p>6 Encima de cada tortilla ponga $\frac{1}{4}$ de los huevos, los frijoles refritos, el queso y tomate.</p> 
<p>7 ¡Enrolle la tortilla y coma!</p> 	<p>8 Guarde lo que no se coma en el refrigerador dentro de 2 horas.</p> 

El Burrito para el Desayuno nos da:

Fibra Previene el estreñimiento.



PROTEÍNA Hace y repara la piel, músculos y sangre.

VITAMINAS B Convierten los alimentos en energía.



CALCIO Forma los huesos y dientes fuertes.