

Breakfast Burrito Recipe *with freezing and reheating instructions*

Servings: 10 Prep time: 10 min. Cook time: 10 min



INGREDIENTS

- 10 10-inch whole wheat tortillas
- 2 tbsp. olive oil or butter, divided
- 12 large eggs
- 1/4 tsp. salt
- Black pepper
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 tomato, diced
- 3 cups fresh spinach, rinsed
- 5 ounces favorite cheese, grated
(about 1 1/4 cups)
- 1 16-ounce can yellow corn, drained
- 1 1/4 cup favorite salsa
- 1 roll parchment paper

DIRECTIONS

1. Preheat a large frying pan with 1 tbsp. butter or oil over medium heat. While the pan is heating, beat the eggs with a fork or whisk mixing in the salt and as much black pepper as desired.
2. Once the pan is hot, pour in the eggs and cook until no longer runny (reach a temp. of 160-degrees).
3. Preheat another large frying pan with the remaining olive oil or butter over medium heat. Once hot, add the diced onion and bell pepper and cook until soft. Then, add the diced tomato and spinach and cook until spinach is wilted.
4. In the middle of each tortilla, add about 3 tbsp. scrambled egg, 1.5 tbsp. bell pepper mix, 2 tbsp. grated cheese, 1.5 tbsp. corn, and 2 tbsp. favorite salsa. Then, roll the burrito.
5. Once you have rolled all of the burritos, place them in a large freezer-safe plastic bag or container separating each burrito with a piece of parchment paper (this will make them easier to separate when reheating).
6. To reheat, put the frozen burrito on a plate and cover with a moistened paper towel. Then, microwave for 3-4 minutes or until warm (cooking times will vary based on microwave) or air-fry for 3-4 minutes at 400-degrees. For children, serve 1/2 burrito at a time.

NOTE: Burritos can be stored in the freezer for up to 6 months. For best results, store in the body of the freezer rather than the door or in a deep freezer.






See the back of this recipe card for more breakfast burrito ideas!

For a balanced breakfast, include one protein and at least one vegetable to put in the whole wheat tortilla. Use the serving size table to determine how much of each item to put in the burrito for your child.

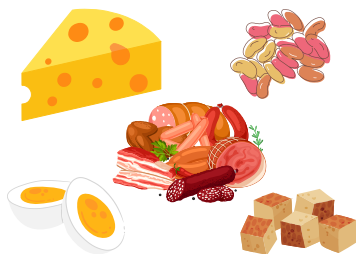
Be sure to only serve foods that they are capable of eating and do not pose a choking risk.

Protein/Dairy	Vegetable		Grain
scrambled eggs breakfast sausage black beans favorite cheese tofu beef, chicken, or fish	mixed vegetables spinach corn tomatoes carrots	bell peppers onions potatoes (any kind) broccoli zucchini	whole wheat tortilla

This table explains how many servings your child needs daily and what is equal to one serving.

		Serving Equivalents	
Food Group	Servings per day	1- to 3-years old	4- to 6-years old
Grains 	6 to 11	<ul style="list-style-type: none"> - Bread or tortilla $\frac{1}{4}$ to $\frac{1}{2}$ slice - Cereal, rice, pasta (cooked) 4 tbsp. - Dry cereal $\frac{1}{3}$ cup - Crackers 1-2 	<ul style="list-style-type: none"> - Bread or tortilla $\frac{1}{2}$ slice - Cereal, rice, pasta (cooked) $\frac{1}{3}$-cup - Dry cereal $\frac{1}{2}$ cup - Crackers 3-4
Vegetables 	2 to 3	<ul style="list-style-type: none"> - $\frac{1}{4}$ cup cooked vegetables 	<ul style="list-style-type: none"> - $\frac{1}{4}$ cup cooked vegetables - $\frac{1}{2}$ cup leafy greens (salads)
Fruits 	2 to 3	<ul style="list-style-type: none"> - $\frac{1}{4}$ cup cooked, frozen, or canned - $\frac{1}{2}$ piece fresh fruit (i.e., $\frac{1}{2}$ apple or orange) - $\frac{1}{4}$ cup 100% juice 	<ul style="list-style-type: none"> - $\frac{1}{4}$ cup cooked, frozen or canned - $\frac{1}{2}$ piece fruit (i.e., $\frac{1}{2}$ apple or orange) - $\frac{1}{3}$ cup 100% juice
Meats and other proteins 	2	<ul style="list-style-type: none"> - 1 ounce meat, fish, chicken or tofu - $\frac{1}{4}$ cup cooked beans - $\frac{1}{2}$ egg 	<ul style="list-style-type: none"> - 2-3 ounces meat, fish, chicken, or tofu - $\frac{1}{3}$ cup cooked beans - 1 egg
Dairy 	2 to 3	<ul style="list-style-type: none"> - $\frac{1}{2}$ cup milk (if cow's milk, whole milk only from 1-2 years old) - $\frac{1}{2}$ ounce cheese - $\frac{1}{3}$ cup yogurt 	<ul style="list-style-type: none"> - $\frac{1}{2}$ cup milk - 1 ounce cheese - $\frac{1}{2}$ cup yogurt

WHAT DOES A BALANCED BREAKFAST INCLUDE?



1 SERVING
PROTEIN AND/OR
DAIRY



1 SERVING
FRUITS AND/OR
VEGETABLES



1 SERVING
WHOLE GRAINS