



Breakfast Burritos

6 chicken breakfast sausages cut into chunks
2 cups salsa (fresh is preferred)
6 mozzarella sticks (string cheese)
6 large eggs beaten or 2 cups re-fried beans
6 large whole-wheat flour tortillas, about 9-inches in diameter

- 1) Preheat a large non stick fry pan until hot.
- 2) Lightly spray pan with olive oil.
- 3) Cook sausages in the pan until golden brown.
- 4) Remove sausages from the pan and let drain on paper towels.
- 5) Add beaten eggs to the pan and cook, stirring constantly until scrambled.
- 6) Season with salt and pepper.
- 7) Lay tortillas on a flat surface.
- 8) Carefully divide the scrambled egg, sausages, cheese and salsa on to the tortillas.
- 9) Roll tortillas up burrito style and then wrap each burrito in parchment paper. Use a piece of tape to hold down the tip if the paper.
- 10) Place burritos in the freezer or refrigerate.
- 11) Heat in the microwave on full power for 1 minute if they are refrigerated and 1 min 30 seconds if they are frozen.

Serves 6