

# Veggie and Egg Breakfast Burrito

## INGREDIENTS

- 6 eggs
- ¼ cup milk (any kind)
- Salt & pepper, to taste
- 1 red bell pepper, chopped
- 1 head of broccoli, chopped
- ¾ cup shredded cheese (optional)
- 3 tortillas
- 1Tbsp olive oil

*\* this amount makes 3 burritos*

## DIRECTIONS

1. Whisk together eggs, milk, salt & pepper in a bowl—set aside.
2. Heat olive oil in a skillet over medium heat. Sauté bell pepper and broccoli (with salt & pepper) until broccoli is bright green and fork-tender, about 5-10 minutes.
3. Pour the egg mix into the pan with veggies. Cook on medium-low, stirring gently until eggs are just set (about 5 minutes). Turn off heat, fold in cheese until melted. Transfer to a plate and let cool ~20 minutes.
4. Divide the egg-veggie mixture evenly among the three tortillas. Roll them up burrito-style.
5. Add a little oil to the skillet, then place burritos seam-side-down and cook 3-4 minutes over medium-high until sealed and slightly crisp.
6. Let burritos cool, then wrap individually in foil or plastic wrap—or store in an airtight container. Refrigerate or freeze (up to 3 months).