

CHEESY BLACK BEAN BREAKFAST BURRITOS

SERVES 8

PREP 20 MIN

COOK 5 MIN

1 BURRITO EACH

INGREDIENTS

- 1/2 cup plain fat-free Greek yogurt
- 1/4 tsp kosher salt
- 8 large eggs
- Cooking spray
- 8 low-carb, high-fiber whole-wheat tortillas
- 2 cans (15 oz each) low-sodium black beans, rinsed and drained
- 1 cup salsa, divided
- 1/2 cup chopped scallions
- 1 cup shredded reduced-fat sharp cheddar

DIRECTIONS

- 1 Whisk yogurt, salt, and eggs until combined. Coat a large nonstick skillet with cooking spray and heat over medium-low. Cook egg mixture, stirring occasionally, until softly scrambled, 3 to 5 minutes.
- 2 Arrange tortillas on a work surface. Spread about 1/4 cup scrambled eggs over the bottom third of each tortilla.
- 3 Wipe skillet clean and heat over medium. Add black beans, 1/2 cup salsa, and scallions; cook until heated, about 2 minutes. Spoon a scant 1/2 cup bean mixture over the eggs and top each with 2 tbsp cheese. Fold in the bottom and sides, then roll closed.
- 4 Serve each burrito with 1 tbsp of the remaining salsa for dipping.

PER SERVING

1 burrito + 1 tbsp salsa

5

EST. WW POINTS

300

CALORIES

20 g

FIBER

22 g

PROTEIN

10 g

FAT

40 g

CARBS

850 mg

SODIUM

Nutrition and WW Points are estimates based on generic reduced-fat cheese and a 70-calorie high-fiber tortilla; brands vary.