

Eggs burrito with salsa

Source of proteins, iron, calcium, vitamin D, vitamin B12



Ingredients

8	Eggs	8
¼ cup	Milk	60 ml
1	Green onion, chopped finely	1
To taste	Salt and pepper	To taste
1 tsp	Butter, oil or margarine	5 ml
4	Tortillas, large, warmed	4
4	Lettuce leaves	4
½ cup	Salsa	125 ml
1 cup	Cheddar cheese, grated	250 ml
¼ cup	Sour cream or plain yogurt	60 ml



Preparation

1. Whisk together eggs, milk, green onion, salt and pepper.
2. Melt butter on a nonstick skillet over medium heat. Add egg mixture and reduce the heat to medium-low.
3. When the preparation begins to take, gently scrape the bottom and sides of the pan with a spatula to form soft lumps.
4. Cook until eggs thicken and set while still wet.
5. Place a leaf of lettuce on each tortilla. Put some egg mixture in the center of each tortilla. Add 30 ml (2 tbsp) of salsa, 60 ml (¼ cup) of cheese and 15 ml (1 tbsp) of sour cream on each tortilla. Roll tortillas and fix with a toothpick if needed. Serve immediately.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●



Adapted from: lesoeufs.ca