



Open-Faced Breakfast Burrito



Entire recipe: 285 calories, 8.5g total fat (4.5g sat. fat), 860mg sodium, 30.5g carbs, 9g fiber, 5.5g sugars, 24g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1 low-carb flour tortilla with 100 calories or less
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
2 tbsp. black beans
2 tbsp. shredded reduced-fat Mexican blend cheese
1/8 tsp. garlic powder
1/8 tsp. onion powder
2 tbsp. salsa
2 tbsp. light sour cream
1 tbsp. chopped fresh cilantro
Optional topping: sliced black olives

Directions

Place a tortilla in a wide microwave-safe mug or bowl, allowing it to naturally fold to fit the shape. Carefully pour egg whites/substitute into the center of the tortilla.

Add beans, cheese, garlic powder, and onion powder. Microwave for 2 minutes, or until set.

Top with salsa, sour cream, and cilantro.

Eat it right out of the mug/bowl, or transfer it to a plate.

MAKES 1 SERVING

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