

Green Chili Breakfast Burritos

Kick your day off with these breakfast burritos that have a bit of kick with the green chili sauce.

Ingredients

Burrito Ingredients:

- 2 Tbs olive oil
- ½ red bell pepper, seeded and diced
- ½ green bell pepper, seeded and diced
- ¾ lb Red potatoes, boiled until tender and diced
- Freshly ground pepper, to taste
- 6 thick-cut bacon slices
- 6 eggs
- 3 Whole Wheat Tortillas, 6 small
- 3 oz cheddar cheese (reduced fat), shredded

Green Chili Ingredients:

- 3 can (6 oz) Green Chili Peppers, chopped
- 1 can (15 oz) Diced Tomato
- 1 each jalapeño, seeded and finely diced
- 1 each onion chopped
- 2 Tbsp flour
- 2 cups water
- 1 Tbsp garlic salt
- 1 Tbsp cumin
- 1 Tbsp olive oil



Directions

Green Chili Sauce:

- 1 Saute onions in large saucepan lightly coated with olive oil.
- 2 Once onions are tender, add cans of green chilis, canned tomatoes, garlic salt, cumin, diced jalapeno and water.
- 3 Bring to a boil.
- 4 Reduce heat and let simmer about 10 or 15 minutes.
- 5 combine 2 tablespoons of flour with water. Add water slowly and whisk together until it is a creamy consistency.
- 6 Pour flour/water mixture into green chili mixture slowly, and whisk until well blended.
- 7 Let simmer another 5 - 10 minutes until green chili sauce has thickened. Turn off heat.

Burritos:

- 1 While the green chili sauce is simmering, heat 2 tablespoons olive oil over medium heat in non-stick skillet.
- 2 Add the red and green bell peppers and cook for about 8 - 10 minutes stirring occasionally.
- 3 Add the potatoes and cook for another 3 - 5 minutes or until potatoes are warm.
- 4 While bell peppers are cooking, fry the bacon pieces until crispy.
- 5 Beat together the eggs and a touch of skim milk.
- 6 Cook eggs (scrambled).
- 7 Add bell peppers and crumble the bacon into the eggs. Stir together slightly.
- 8 Place a large spoonful of the egg mixture onto whole wheat tortilla.
- 9 Place 2 tablespoons of green chili on top of egg mixture.
- 10 Fold tortilla shell and place seam side down on microwave safe plate.
- 11 Top burrito with more green chili (about ¼ cup).
- 12 Place ½ oz shredded cheese on top of burrito.
- 13 Heat in microwave just until cheese is melted.

14 Optional: Serve with salsa and/or sour cream.

Nutrition Facts

Nutrition (per serving): 327 calories, 21.2g total fat, 5.8g saturated fat, 111.4mg cholesterol, 1450mg sodium, 22.3g carbohydrates, 3.6g fiber, 2.9g sugar, 12.2g protein.

Servings: 6

Weight Watchers Points

Points Plus: The veggies were not used to calculate the Plus points.

Smart Points: The veggies and eggs were not used to calculate the Smart values.

Orig. WW Pts: 7

Points Plus: 8

Smart Points: 9

Tips

If you don't want it too spicy, just don't use the jalapeno in the green chili sauce. If you want more spice, leave the seeds of the jalapeno or add more.

Web Page: <http://www.exercise4weightloss.com/breakfast-burrito-recipe.html>