

California Breakfast Burrito



Prep Time: 20 minutes

Cook Time: 5 minutes

Ingredients:

4 Servings Mama Lupe's Low Carb Tortilla
1 Tablespoon canola oil
3 green onion
4 Ounce-weights green chili pepper
1 medium tomato
1/2 Teaspoon salt
1/4 Teaspoon black pepper
8 large eggs
1/8 Teaspoon cayenne pepper
2 Tablespoons fresh cilantro
2 Ounce-weights Tomatillo Salsa
1/2 Cup cheddar cheese

Directions:

Use 1/4 cup total of the Atkins recipe for Tomatillo Salsa.

- 1.Heat oven to 325° F.
- 2.Wrap tortillas in foil and heat in oven 5-10 minutes.
- 3.In a medium nonstick skillet, heat oil over medium-high heat. Add green onions, chiles, tomato, salt and pepper. Sauté for 3 minutes.
- 4.Push mixture to side of pan. Add eggs and cayenne to skillet. Cook, 1-2 minutes, stirring occasionally with rubber spatula, until soft, creamy curds form.
- 5.Stir vegetable mixture into eggs.
- 6.Divide mixture among warm tortillas, sprinkle with cilantro, one tablespoon of salsa and 2 tablespoons cheese. Roll up tortillas.

Nutrition Facts

Makes 4 servings

Amount per serving:

Calories	317
Net Carbs	8.6
Dietary Fiber	5.5
Total Fat	21
Protein	21.5