

FUN & HEALTHY RECIPES

For Kids



High Five!

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BLUE CROSS OF IDAHO FOUNDATION FOR HEALTH

Albertsons®

SOUTHWESTERN EGG & BEAN WRAPS

Warm tortillas spread with refried beans and wrapped around an Egg Beaters, cheese, and tomato filling for a quick meatless meal.

Suggested Cooking

Method: microwave

Prep Time: 15 minutes

Total Time: 15 minutes

Suggested

Categorization:

breakfast

Servings: 6

DIRECTIONS:

- 1** Spray inside of microwave-safe 4-cup measure or 1-1/2 quart bowl. Pour in Egg Beaters. Microwave on HIGH 3-1/2 to 4 minutes, stirring after each minute; set aside.
- 2** Place tortillas on microwave-safe plate; cover with damp paper towel. Microwave on HIGH 1 minute or until warm.
- 3** Spread each tortilla with refried beans. Top evenly with Egg Beaters, cheese and drained tomatoes. To make each wrap, fold up bottom, then sides and roll to enclose filling. Place each on a microwave-safe plate. Cover with damp paper towel and microwave each 30 to 45 seconds or until hot.

Ingredients

- PAM Original No-Stick Cooking Spray
- 1 carton (15 oz each) Egg Beaters Southwestern Style
- 6 whole wheat flour tortillas (8 inch)
- 1 can (16 oz) Rosarita No Fat Traditional Refried Beans
- 3/4 cup shredded reduced fat Mexican cheese blend
- 1 can (10 oz) Ro-Tel Original Diced Tomatoes & Green Chilies, drained

