

ANYTIME BURRITOS

That's right; you can have these burritos for breakfast, lunch or dinner. They are a full meal because of all the healthy, tasty ingredients. Give yogurt a try instead of sour cream, your body will thank you because it contains lots of calcium, and bacterial cultures that may help you to live longer, and may fortify your immune system.

Ingredients:

1 package of flour tortillas (wheat is best)
3-4 scrambled eggs
2-3 potatoes, 1 ½ inch diced
1 can of black beans (or make your own)
Sour cream/plain yogurt
Salt/Pepper
Dried oregano
Grated cheese: Cotija, parmesan or jack

Optional veggies:

Avocado, sliced
Spinach

Pico de Gallo Salsa:

3-4 fresh tomatoes, diced
½ cup of chopped cilantro
½ white/purple onion chopped
1 jalapeño chopped
Lime juice



Directions:

Preheat oven to 350°. Toss potatoes in olive oil, salt, pepper and oregano. Spread out on a pan and place in oven for 10-15 minutes. Scramble eggs with a Tbsp. of olive/canola oil. Set aside. Check the potatoes! Combine tomatoes, onions, cilantro and jalapeño in a bowl. Add lime juice and toss. Add salt to taste. Pre-heat a skillet and warm up the flour tortillas. Heat black beans in the microwave or stovetop and set aside. Lay out a tortilla on a plate and add some beans, eggs and potatoes. Add pico de gallo and sour cream/yogurt. Don't forget some avocado and a dash of hot sauce if you like! Roll it up. Now it's ready!

*Note: You can also add that delicious *Arroz con pollo* /chicken with rice, check out the recipe.

More nutrition information about this recipe:

- Cheese contains calcium
- Spinach is full of vitamin A, C and folate
- Eggs are great source of protein, and if you'd like, just use the egg whites to reduce the amount of cholesterol
- Tomatoes are full of vitamin A and lycopene
- Black beans are an excellent source of fiber, folate, iron and protein
- Avocados contain vitamin K, fiber and protein