



Egg Burrito

1 serving

Ingredients

- 1 medium onion, diced
- 1 clove garlic, minced
- 1 tsp. olive oil
- 2 eggs, beaten
- ¼ cup salsa
- 3 olives, sliced
- ¼ cup grated soy cheese or low fat cheese
- ½ small tomato, diced
- ¼ avocado, diced
- warm whole wheat flour tortilla

Preparation

1. Sauté onion and garlic in the oil until soft.
2. Add the eggs and salsa.
3. Scramble until done.
4. Place the egg mixture in a tortilla and roll into a burrito.