

BREAKFAST BURRITO

with egg, avocado, and black beans

This protein-based breakfast is easy to prepare the night before for a flavorful start to your day.

Yield: four servings

Ingredients:

Cooking spray

1¹/₃ cups liquid egg whites

1, 15.5 ounce can no-salt-added black beans, rinsed and drained

4, 6-inch whole-wheat tortillas (*lowest sodium available*)

2 medium avocados, sliced

¹/₄ cup hot sauce or salsa (*optional; lowest sodium available*)

Directions:

1. Lightly spray a large skillet with cooking spray. Heat over medium heat.
2. Pour the egg whites into the skillet, stir constantly to scramble. Cook until the eggs are almost set. Add the beans, stirring until combined, and heated through.
3. Microwave the tortillas for 45 seconds to soften.
4. Spread the egg mixture in the center of each tortilla.
5. Top with the avocado and hot sauce.
6. Fold two sides of each tortilla toward the center. Fold the bottom over to cover filling. Roll the burrito over the filling tucking in sides as you roll. Place seam side down.



BROCCOLI & CAULIFLOWER SALAD

Yield: eight servings

Ingredients:

3 cups broccoli, chopped

3 cups cauliflower, chopped

¹/₂ cup dried cranberries or raisins

¹/₂ cup purple grapes, chopped

¹/₄ cup red onion, chopped

2 tablespoons vinegar or lemon juice

³/₄ cup plain nonfat greek yogurt or low-fat mayonnaise

2 teaspoons sugar

2 tablespoons sunflower seeds (*optional*)

3 slices bacon, cooked and crumbled (*optional*)

Directions:

1. Wash hands with soap and water.
2. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes, and red onion.
3. In separate small bowl, stir together vinegar, greek yogurt, and sugar.
4. Pour yogurt mixture over broccoli mixture and stir gently.
5. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
6. Store leftovers in a sealed container for up to four days in the refrigerator.

