

WELLNESS CONNECTION

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NOURISHING YOU - Freezer Breakfast Burritos

Recipe Introduction by Ben Taylor

Serves 6

Make these ahead of time and pop them in the freezer for a great on-the-go breakfast, quick lunch or easy dinner. These burritos will keep you full and get your day off to a great start, or provide a quick dinner on a busy evening.

Ingredients

- 6 strips of bacon
- 10 large eggs, beaten
- 4 scallions (green onions), chopped
- ½ red bell pepper, diced
- ½ tsp salt
- 12 tbsp shredded cheddar or pepper jack cheese
- 6 8-inch low carb flour tortillas
- 6 pieces heavy duty aluminum foil, each cut to 10" x 12"



Photo Credit: Skinnytaste.com

Instructions

Heat tortillas on a hot griddle or in a hot pan on the stovetop.

Heat a large non-stick skillet over medium heat. Add the bacon and cook until cooked through, about 4 to 5 minutes. Transfer to a plate lined with paper towels to drain.

In a large bowl, whisk the eggs with salt. Mix in scallions and bell pepper.

Discard the bacon grease, except for 1 teaspoon that you leave in the pan, then add the eggs. Let them set on the bottom then stir a few times to cook through, set aside.

On a clean work surface, scoop a generous 1/2 cup of the egg mixture onto the bottom third of the tortilla. Top with a slice of bacon and 2 tablespoons cheese. Roll from the bottom, folding the left and right corners toward the center and continuing to roll into a tight cylinder. Set aside, seam-side down, and repeat with remaining tortillas and filling.

If eating right away:

1. Heat a skillet over medium heat.
2. When hot, spray the skillet with oil and add the burritos, seam-side down.
3. Cook, covered, until the bottom of the burritos are golden brown, about 2 minutes on each side. Serve with hot sauce or salsa, if desired.

If freezing:

1. Place the foil on a work surface vertically, place the rolled burrito in the center bottom third, roll partially, folding the sides of the foil over the burrito, then roll it up.
2. Transfer to a freezer bag to prevent freezer burn (you can reuse the bags).
3. Use a permanent marker to label bags with the name and date. (also helpful to write down cooking time and temperature).

To reheat frozen burritos:

Oven method (best results)

1. Preheat oven to 425 degrees.
2. Bake for 45 minutes, turning halfway.
3. Unwrap foil and bake uncovered for 5 minutes.

Overnight thawing method (best results)

1. Transfer burrito to refrigerator the night before it is needed.
2. Preheat oven to 425 degrees.
3. Bake burrito in foil for 20 minutes, turning halfway.

4. Unwrap foil and bake uncovered for 5 minutes.

Air fryer method

1. Transfer burrito to refrigerator the night before it is needed.
2. Unwrap burrito and discard foil.
3. Preheat air fryer to 400 degrees.
4. Spray burrito with oil and air fry it 8-9 minutes, turning halfway.

Microwave method

1. Remove burrito from foil and place on microwave-safe dish.
2. Cover it with a paper towel or microwave-safe cover and microwave on high for 1 minute.
3. Turn it over halfway and cook an additional 1 to 1 ½ minutes.
4. Let stand 2 minutes before eating.

Nutrition information (1 burrito): Calories 261 | Carbs 18 g | Fat 16 g | Protein 21 g

Recipe Source:

[Skinnytaste.com](https://www.skinnytaste.com)

