

Freezer Breakfast Burritos



Welcome to our morning burrito recipe, loaded with fibre and protein, featuring eggs, beans, lean minced chicken, and low-fat cheese, all wrapped up with delightful Mexican flavours. Perfect for a healthy, prep-free breakfast! Prepare these in advance and pop them in the oven upon waking to enjoy a hearty breakfast that will keep you satisfied until lunch.

Preparation 20 min

Cooking 65 min

Servings 6

Nutrition Facts (per serving)

Calories 520

Fat 20

Carbohydrates 56

Fibre 8

Protein 29

Sodium 790

Ingredients

- 30 ml (2 tbsp) canola oil, divided
- 6 eggs, beaten
- Pinch of salt

- 1 medium onion, diced
- 540 ml (19 oz) low-sodium black beans, rinsed
- 1 medium tomato, diced
- 30 ml (2 tbsp) tomato paste
- The juice of ½ lime (or 7,5 ml / ½ tbsp)
- 1 packet (36 g) low-sodium taco seasoning mix
- 250 ml (1 cup) water
- 90 g (3 oz) light cheese (<20% M.F.), grated
- 6 whole wheat tortillas (12-inch)

Preparation

1. In a large non-stick skillet, heat 2 tsp of oil and scramble the eggs with a pinch of salt over low heat until they are cooked but still runny. Set aside.
2. In the same skillet, heat the remaining canola oil over medium heat, add the minced chicken and onion cubes. Cook until the chicken is well done and the onions are translucent.
3. Stir in the black beans, tomatoes, tomato paste, lime juice, and taco seasoning mix.
4. Add water and simmer until the sauce thickens slightly.
5. To assemble the burritos, divide the bean and chicken mixture, add scrambled eggs, and then sprinkle cheese on each tortilla.
6. Roll each tortilla into a burrito, wrap individually in foil, and freeze.
7. To reheat, bake the wrapped burritos in an oven at 350°F (180°C) for about 50 minutes or until thoroughly heated. For quicker heating, microwave for 2-3 minutes instead of using the oven.

Notes

Keeps for 3 days in the refrigerator and 2-3 months in the freezer.



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