

Butternut Breakfast Burrito



MAKES 6 - 8 SERVINGS

Ingredients:

- 8 eggs
- ¼ c milk
- 2 c cooked butternut squash (cubed)
- 1 c low sodium black beans
- ½ c low sodium salsa (heat according to preference)
- 8 whole wheat tortillas

Directions:

Whisk eggs and milk until thoroughly combined. Cook (scrambled) in a skillet over medium-low heat. When eggs are almost fully cooked, add squash, beans, and salsa and mix until combined. Continue to stir mixture until eggs are fully cooked and other ingredients are heated through. Scoop mixture onto tortillas and top with your choice of toppings. Optional toppings include salsa, plain Greek yogurt, shredded cheese, avocado, green onion, and jalapenos.