

BREAKFAST

Butternut Breakfast Burrito

Makes 8 servings · 1 burrito each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 13 g · Fiber 6 g · Calories 255	

Ingredients

- 8 eggs
- ¼ cup whole milk
- 2 cups cooked butternut squash, cubed
- 1 cup black beans
- ½ cup salsa (heat to preference)
- 8 whole-wheat tortillas

Directions

1. Whisk the eggs and milk until thoroughly combined.
2. Scramble in a skillet over medium-low heat.
3. When the eggs are almost set, add the squash, beans, and salsa; stir until combined and heated through.
4. Scoop the mixture onto tortillas and add your choice of toppings.

Note: Optional toppings: salsa, plain Greek yogurt, shredded cheese, avocado, green onion, jalapeños.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium butternut squash (about 4 cups cubed)

DAIRY & EGGS

- ☐ 8 eggs
- ☐ ¼ cup whole milk

BAKERY & GRAINS

- ☐ 8 whole-wheat tortillas

PANTRY & DRY GOODS

- ☐ 1 cup cooked black beans
- ☐ ½ cup salsa