



Stress-free Breakfasts with Breakfast Burritos!

"Mom, I don't want cereal again!" Sound familiar? It seems that on those busy, stressful weekday mornings, unless you get up earlier, have your own personal cook, or a miracle up your sleeve, there are not very many choices for breakfast. You have cold cereal, instant hot cereal, toaster pastries and toaster waffles- and after having all of them over and over, they can get pretty old.

There is a great low-cost alternative! I discovered it when my children's Easter chicks grew up and started giving us a half dozen eggs each day- which was both a challenge and a blessing. I had seen breakfast burritos on menus at fast food restaurants, but I had never considered making them myself. After looking over several recipes I found that there is no real rule for ingredients used in breakfast burritos- except to add the ingredients which sound great to you!

Many years ago a relative introduced me to the wonderful world of Italian cooking, including Pepperoni cooked with scrambled eggs. At first it sounded terrible- pepperoni was a pizza topping- not breakfast food! But then, I tried it and found that it is fabulous cooked with eggs! It is one of my children's favorites, and so I developed the recipe here. I hope that it makes your mornings a bit less stressed and adds a bit of variety to your weekday breakfasts.

Pepperoni & Cheese Breakfast Burritos

Recipe By : Real Food for Real People
 Serving Size : 12 Preparation Time :0:00
 Categories : Breakfast Eggs
 O.A.M.C.

Amount	Measure	Ingredient -- Preparation Method
6	ounces	Pepperoni Slices
12		Eggs -- slightly beaten
3	cups	Shredded Cheddar Cheese
		Salt and Pepper -- to taste
12	large	Flour Tortillas

In a large frying pan, brown shredded pepperoni until it has turned a dark red and you have a skim of grease in the frying pan. Add eggs, then season to taste with salt and pepper. Cook, constantly stirring, until eggs are nearly cooked, and have a creamy, curd consistency. Remove pan from heat and set aside. (Eggs will continue to cook as they cool). To make burritos, first warm tortillas for a minute in microwave, or steamer. Next, place about 1/3 - 1/2 cup pepperoni/egg mixture and 1/4 cup shredded cheese into center of tortilla. Fold, by first bringing each end in, and then rolling tortilla from one side to the next, so you have a finished burrito which is closed on each end. When all 12 burritos have been assembled, serve hot with desired side dishes for breakfast.

Note: If you are making the burritos to freeze for later use, wrap each burrito in a paper towel, and freeze in individual zip baggies. When ready to cook frozen burrito, place in microwave oven, still wrapped in paper towel, and cook for 2-3 minutes or until warmed through. The paper towel will help burrito retain its moisture and to heat evenly.

Copyright: "1999, 2010, Kaylin White/Real Food for Real People" All Rights Reserved.

Per Serving (excluding unknown items): 492 Calories; 26g Fat (47.5% calories from fat); 23g Protein; 41g Carbohydrate; 2g Dietary Fiber; 253mg Cholesterol; 879mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 3 1/2 Fat.