

Breakfast Burritos

Here is the quick answer for a fast make-ahead breakfast option.
You can substitute leftover chicken for the tofu if you prefer.



INGREDIENTS

- 2 tablespoons avocado oil, divided
- 1 (14 ounce) package extra-firm tofu, drained and crumbled
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 (15 oz) can black beans
- 1 cup frozen corn, thawed
- 4 scallions, sliced
- ½ cup prepared fresh salsa
- ¼ cup chopped fresh cilantro
- 6 (8 inch) whole-wheat tortillas

DIRECTIONS

STEP 1

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add tofu, chili powder, cumin and salt; cook, stirring, until the tofu is nicely browned, 10 to 12 minutes. Transfer to a bowl.

STEP 2

Add the remaining 1 tablespoon oil to the pan. Add rinsed beans, corn and scallions and cook, stirring, until the scallions have softened, about 3 minutes. Return the tofu to the pan. Add salsa and cilantro; cook, stirring, until heated through, about 2 minutes more.

STEP 3

If serving immediately, warm tortillas (or wraps), but if freezing do not warm them. Divide the bean mixture among the tortillas, spreading evenly over the bottom third of each tortilla. Roll snugly, tucking in the ends as you go. Serve immediately or wrap each burrito in foil and freeze for up to 3 months.

TO REHEAT:

Remove foil, cover with a paper towel and microwave on high until hot, 1½ to 2 minutes.

NUTRITION FACTS

Serving Size: 1 burrito | Total servings: 6
Per Serving: 329 calories, total carbohydrate 45g, dietary fiber 8g, total sugars 5g, protein 15g, total fat 10g, saturated fat 2g



Wisconsin Athletic Club

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