

Veggie Breakfast Wraps

Ingredients:

1 to 1 ½ mixed peppers (red, orange or yellow)
½ small onion
1 Tbsp butter or oil
Salt and pepper to taste
7 eggs (group of 4), 8 eggs (group of 5)
4 oz grated cheese (cheddar, pepper jack, or mixed blend)
4-5 large tortillas (we will use 10" flour tortillas)

Optional Toppings:

Sour cream (1-2 Tbsp per person)
Salsa (1-2 Tbsp per person)
Hot sauce

1. Chop vegetables on cutting board. Make sure pieces are uniform dices.
 2. Grate cheddar.
 3. In a large bowl, beat the eggs with a whisk. Add salt and pepper.
***Wash hands after touching raw egg.
 4. Warm the frying pan on medium heat; add half the butter/oil into pan. Sauté peppers and onion until onions are translucent. Turn off heat.
 5. In a second frying pan*, turn heat to medium-low; add rest of butter/oil into pan. Pour in the eggs, as the edges set use a rubber scraper to pull the cooked egg into the middle, scrambling the eggs as they cook. Cook only until eggs are set; remove from the heat.
 6. Time to build your wraps – lay each tortilla on a plate and sprinkle with cheese. Divide the eggs and veggies equally between the tortillas. Microwave for 20 seconds to melt the cheese. Add optional toppings into wrap after heating up or place beside rolled up tortilla.
 7. Wrap your tortilla: fold in the opposite sides and roll up the tortilla; place open edge down.
- *Steps 2 and 3 can be done in the same pan, we're using 2 pans to speed up the cooking time.