

RECIPES FROM three eighty ate

FLORENTINE SCRAMBLE BREAKFAST BURRITO

1 cup Baby Spinach
1 each Egg, Beaten
1/8 tsp Ground Black Pepper
1 each Vegetarian "Sausage" Patty
1 each Flour Tortilla 6"
 Oil, Cooking Spray

1. Spray pan with cooking spray and sauté crumbled meatless sausage patty; then add spinach and cook for 1 minute until wilted. In same pan, add scrambled egg to spinach and sausage and add black pepper.
2. Put scrambled egg/sausage patty/spinach mixture into tortilla and wrap.

Portion size: 1 burrito (1 tortilla, 1 scrambled egg, 1 crumbled sausage patty, 1/4 cup cooked spinach).

Nutrition: 246 calories, 10g fat, 20g carbs, 18g protein, 567mg sodium

Yield: 1 serving