Breakfast, Latin American

Ham and Egg Breakfast Tortilla Wraps

Cheesy scrambled eggs with deli ham, diced onions, and green bell pepper, spooned into warm corn tortillas and finished with a little salsa.

25 min	180	14 g	2 g
time	calories	carbs	sugars



Nut free

Ingredients, 6 servings

- [ ] 4 large eggs
- [ ] 6 large egg whites
- [ ] 1 dash hot sauce
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp reduced-fat shredded cheddar
- [ ] 2 tsp margarine
- [ ] 3 oz deli ham (4 thick slices, reduced-sodium, chopped)
- [ ] 1/4 cup onion(s) (diced)
- [ ] 1/4 cup green bell pepper (diced)
- [ ] 6 whole corn tortillas (heated)
- [ ] 6 tsp salsa

Method

- [ ] **1** Start with a medium bowl and whisk the large eggs together with the egg whites, then whisk in the hot sauce, black pepper, and reduced-fat shredded cheddar until blended.
- [ ] **2** Set a medium non-stick pan over medium heat and let the margarine melt, then give the chopped deli ham 2 to 3 minutes of sauteing before taking it back out of the pan.
- [ ] **3** Let the diced onion and green bell pepper cook in the still-hot pan for about 5 minutes, after which the deli ham goes back in.
- [ ] **4** Turn the heat down to low and pour in the egg mixture, stirring gently from time to time with a spoon or spatula while it cooks over low heat until the eggs are fully cooked and set.
- [ ] **5** Split the finished egg mixture into 6 servings, spoon one serving into each heated corn tortilla, add 1 teaspoon of salsa on top of each, and fold each tortilla closed.

Nutrition Facts

Per serving

Calories	**180**
Total fat	7 g
Saturated fat	2 g
Sodium	330 mg
Total carbs	14 g
Fiber	2 g
Total sugars	2 g
Protein	13 g

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