RECIPE

Sage Turkey Breakfast Burritos

MAKES

12 burritos US Metric

TOTAL

75 min

Ingredients

- [ ] 1 lb 93/7 ground turkey
- [ ] 2 cans (15 oz each) no-salt-added black beans, drained and rinsed
- [ ] 2 tsp sage
- [ ] 1 tsp thyme
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp paprika
- [ ] 1 tsp honey
- [ ] ¾ tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 sweet onion, diced
- [ ] 2 green bell peppers, diced
- [ ] 3 lb russet potatoes (about 6), ½-inch dice
- [ ] Oil spray
- [ ] 12 eggs
- [ ] 1 cup liquid egg whites

Method

1. Heat the oven to 425 °F. Spread the potatoes on a sheet, spray, salt with ½ tsp of the salt and roast 25–30 minutes, turning once, until the edges brown.

2. In a big skillet over medium, cook the onion and peppers 4 minutes. Add the turkey, break it up, add the spices, honey and remaining ¼ tsp salt and the pepper. Lid on, 8–10 minutes, stirring twice, until the turkey reads 165 °F on a food thermometer. Stir in the black beans and heat 2 minutes, until hot through. Tip into a big bowl.

3. Wipe the pan. Over medium-low, scramble the eggs and whites slowly until they are set and no liquid egg remains (160 °F).

4. Fold the eggs and potatoes into the turkey. Taste and fix the salt now: add no more than a pinch, since every pinch counts toward the sodium number.

- [ ] 4 oz reduced-fat Mexican cheese blend
- [ ] 1 cup diced fresh tomato, drained
- [ ] 1 tbsp lemon juice
- [ ] 24 six-inch corn tortillas, no salt added

5. Stir the tomato and lemon juice together for the topping.
6. Warm the tortillas under a damp paper towel, 30 seconds in the microwave, so they roll without cracking. Overlap two tortillas by half.
7. Lay ¾ cup filling just below center, add 1 tbsp cheese and 1 tbsp tomato, fold in the sides and roll tight. Seam down on a rack.
8. Cool 20 minutes, then wrap each in parchment and freeze in its own bag.
9. To eat, unwrap and reheat until the center reads 165 °F on a food thermometer.