

# BREAKFAST TORTILLA WRAP

*Serves 4*

## Ingredients:

Vegetable oil spray  
Egg substitute equivalent to 2 eggs, or 2 eggs  
1/8 teaspoon black pepper  
4 6-inch nonfat or low-fat flour tortillas or corn tortillas  
1 cup fat-free frozen shredded potatoes (3 ounces)  
1/2 red bell pepper, diced  
1/4 cup chopped Canadian bacon (1 ounce)  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
Vegetable oil spray  
1 ounce nonfat or low-fat Cheddar cheese, shredded (1/4 cup)

## Directions:

Preheat oven to 350 degrees F. Spray a small nonstick skillet with vegetable oil spray. Heat skillet over medium-low heat. Pour egg substitute into skillet and add 1/8 teaspoon black pepper. Cook, stirring occasionally, for 3 to 4 minutes, or until eggs are cooked through. Set aside. Wrap tortillas in aluminum foil and warm in oven for 5 minutes. Meanwhile, in a medium bowl, mix potatoes, bell pepper, Canadian bacon, salt, and remaining black pepper. Spray a medium-size nonstick skillet with vegetable oil spray. Heat over medium-high heat. Using a rubber scraper, spread potato mixture evenly over the bottom of the skillet. Cook for 6 to 7 minutes on one side, or until potatoes are a light golden brown. Turn potato mixture over with a spatula and cook for 5 to 6 minutes. To assemble using flour tortillas, layer ingredients vertically down the middle of a tortilla as follows: 1/4 of the scrambled eggs, 1/4 of the potato mixture, and 1/4 of the cheese. Fold the left third of the tortilla to the center. Roll the bottom edge all the way up to the top. Repeat with remaining tortillas. To assemble using corn tortillas, layer ingredients horizontally across the middle of each tortilla as described above. Roll like a jelly roll, starting at the bottom. Secure each wrap with a toothpick, if desired. Serve immediately, keep in an airtight container, or store individually in plastic wrap. To reheat, place 1 or 2 wraps on a microwave-safe plate. Microwave on high for 1 to 1 1/2 minutes.

## Nutritional Information: (per serving)

Calories: 142  
Protein: 9 g  
Carbohydrates: 19 g  
Total Fat: 3 g  
Saturated Fat: 1 g  
Polyunsaturated Fat: 1 g  
Monounsaturated Fat: 1 g  
Cholesterol: 5 mg  
Sodium: 281 mg