



A COOK'S COMPANION

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Express Breakfast Wraps

Serves 1-2

The need for speed is especially important in the morning. It's possible to be speedy and still make a healthy, tasty breakfast at home. In fact, with just a little effort the night before, the egg and scallion mixture can be whisked right in the cooking bowl, and left waiting in the refrigerator for the morning. If your family eats breakfast at different times, more elaborate *mise en place* versions may be assembled on the eating plate and kept ready in the refrigerator. We could make and eat these everyday for breakfast!

Ingredients:

2 eggs
1 tablespoon milk (or cream)
1 scallion, thinly sliced
Salt to taste
Freshly ground black pepper
2 flour tortillas, 6-inch size
2 tablespoons salsa
1 oz. (1/4 cup) shredded cheddar cheese

Directions:

1. In a small, microwave-safe bowl, beat the eggs with the milk. Whisk in the scallions, salt and pepper.
2. Place the bowl in the microwave oven covered with a microwave-safe lid for 1 minute on high. Stir well, and heat for another minute. (Microwaves vary along with the cooking vessels; experiment with bowls and times until you get a system that works for you.)
3. Lay the flour tortillas on a microwave-safe plate. Spread the scrambled eggs in line on each of the tortillas, top with the salsa, then shredded cheese. Microwave for 30 seconds on high to heat the tortilla and melt the cheese. Enjoy while hot!

(Each tortilla wrap is approximately 225 calories and 14g protein.)