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| Meal:     | Breakfast           |
| Category: | Couldn't be easier! |
| Time:     | 5-8 min             |

# Breakfast Tortilla

## Ingredients

- 1 strip turkey bacon, chopped
- 2 tbsp chopped green sweet pepper
- 1/8 tsp salt (optional)
- 1/8 tsp ground cumin
- 1/8 tsp crushed red pepper (optional)
- 2 lg egg whites, slightly beaten, or 1/4 c egg whites
- 2 tbsp chopped tomato
- 3 - 4 dashes bottled hot pepper sauce (optional)
- 1 8-inch fat-free flour tortilla, warmed



## Directions

In a medium nonstick skillet cook bacon until crisp. Add green pepper, cumin, and salt and crushed red pepper, if desired. Cook for 3 minutes. Add egg whites or egg product; cook for 2 minutes. Stir in tomato and hot pepper sauce, if desired. Spoon onto tortilla and roll up. Makes 1 serving.

## Nutritional Information

1 serving

- Cal = 185
- Protein = 11 g
- Carbohydrates = 27 g
- Fibre = 2 g
- Cholesterol = 10 mg
- Saturday fat = 1 g
- Sodium = 643 mg