

Fast Breakfast Wraps



PREPARATION TIME
5 minutes



COOKING TIME
5 minutes



PERFECT PARTNER
orange juice



To save a few pennies, buy a large wedge of Cheddar cheese from the deli section of the supermarket. Then simply shred the Cheddar in a food processor, and freeze the extra in resealable plastic bags.

SHOPPING LIST

- Cheddar cheese
- flour tortillas • salsa

ON HAND

- oil • eggs • milk • salt
- pepper

Fast Breakfast Wraps

INGREDIENTS

- 1 tablespoon vegetable oil
- 6 eggs
- 2 tablespoons milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup shredded Cheddar cheese
- 3/4 cup chunky salsa
- 6 large flour tortillas

SERVES 6

COOKIN'
Express

• For softer tortillas that are easier to fold, wrap them in a slightly damp paper towel. Then place tortillas in a kitchen towel and proceed as recipe directs in step 3.

Make Ahead

Have all the ingredients on hand when you are ready to whip up these wraps. Shred the Cheddar in advance and store in the refrigerator, or freeze for several months.

VARIATION

For a hearty breakfast wrap, add cooked crumbled sausage to the eggs when you add the Cheddar in step 2.

1 Heat oil in a medium skillet over medium-high heat. Combine eggs, milk, salt and pepper in a medium bowl; beat well. Pour into skillet.



2 Cook eggs, without stirring, until bottom and edges begin to set, about 1 minute. Then cook eggs, stirring continually, until just slightly set, about 2 minutes. Add Cheddar; stir. Remove from heat.

3 Meanwhile, heat salsa in a small saucepan over low heat just until warm. Wrap tortillas in a clean kitchen towel; microwave on HIGH for about 1 minute.



4 Divide egg mixture among tortillas; spread filling down the center of each one. Top with 2 tablespoons salsa. Fold 1 side of tortilla over filling. Fold up bottom. Roll securely. Serve immediately.