



Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.



INGREDIENTS

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| nonstick cooking spray | 1 cup egg substitute |
| 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms) | 2 (6-inch) flour tortillas |
| | ¼ cup grated lowfat Cheddar cheese |

PREPARATION

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.



Makes 2 servings. 1 wrap per serving.
Prep time: 5 minutes **Cook time:** 10 minutes

Nutrition information per serving: Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg