



LIVE HEALTHY RECIPE

## Italian Burrito

This breakfast burrito recipe offers up a quick, easy way to start your day.





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### INGREDIENTS:

- Potatoes (9 oz.)
- Pork, Pancetta (9 oz.)
- Tomatoes (3 cup)
- Ricotta (1-1/2 cup)
- Basil (6 tbsp.)
- Parmesan (12 tbsp.)
- Salt (3/8 tsp.)
- Pepper (3/8 tsp.)
- Egg (12 each.)
- Milk (6 tbsp.)
- Tortilla (6 each)
- Oil (2 tbsp.)

### Follow Our Recipe

PREP TIME: 5 TO 8 MINUTES | COOK TIME: 27 TO 30 MINUTES | YIELD: 6 SERVINGS

### DIRECTIONS:

1. Dice potatoes and cook (either roast, steam or boil) until tender. Chill and set aside.
2. Cook pancetta like bacon until crispy. Set aside.
3. Diced tomatoes. Set aside.
4. Stir together ricotta cheese, basil, parmesan cheese, salt and freshly ground black pepper. Set aside.
5. Whisk eggs and milk (make in bulk; each portion is 1/2 cup).
6. Heat oil on a medium hot griddle and scramble the eggs.
7. Add potatoes, pancetta and tomatoes and toss quickly to heat through.
8. Heat tortillas for about 10 seconds on each side. Place on a cutting board. On each tortilla, place 1/2 cup scrambled eggs, 1 cup of potato/tomato and 1/2 cup of ricotta cheese mixture. Roll tortilla bottom up and over. Fold in sides and roll closed.
9. Heat burritos on grill seam-side down for about 1-2 minutes. Flip over and grill for another 1-2 minutes to heat through.

### HEALTH BENEFITS OF EGGS:

High Quality Protein. Did you know eggs have 6 grams of high-quality protein and that a protein packed breakfast helps sustain mental and physical energy throughout the day? That's good news for people of any age!