

Breakfast Scramble Wrap

A super easy recipe which takes less than 10 minutes to make, and provides a good balance of macro-nutrients (protein, fat, carbs) so your day is off to a great start. No mid-morning munchies!

Ingredients

1/2 cup	Red pepper sliced (or ¼ cup red pepper and ¼ cup zucchini chopped)
¼ cup	Onion chopped
¼ cup	Leftover rice, if available
2 tsp	Butter
2	Eggs
¼ cup	Egg whites (optional)
2 Tbsp	Water
Dash	Salt & pepper
2 Slices	Hard cheese (Asiago, Parmesan, etc), optional
Handful	Arugula or Kale
1	Whole wheat wrap

Directions

1. Sauté peppers, zucchini and onions in butter, on medium-high heat til tender, about 2 minutes. Add in rice to heat it.
2. Beat eggs, water, salt & pepper in small bowl til blended. Pour in egg mixture.
3. Scramble the eggs and veggies til eggs are cooked.
4. Spread any condiment on the center of the wrap (mayo, mustard, catsup or other). Spoon the cooked egg mixture onto the wrap, top with lettuce and cheese. Fold up from the bottom and tightly roll in 1 side and then the other.
5. Wrap in cello and you're good to go