Breakfast Burrito

Ingredients:

2 eggs
¼ cup refried beans, low-sodium
2 Tbsp shredded cheese
¼ cup diced red, yellow, or orange bell pepper
1 whole-grain flour tortilla
¼ avocado
2 Tbsp salsa
1/4 cup shredded spinach

Preparation:

1. Crack eggs into microwave safe bowl
2. Add your choice of vegetables to bowl
3. Cook for 30 seconds on high
4. Stir contents in bowl and cook for another 30 seconds or until firm
5. Microwave tortilla between two damp paper towels for 30 seconds
6. Add the beans and cheese to the open tortilla and top with cooked eggs & veggies
7. Serve with the spinach, sliced avocado, and salsa