FOODS 9

**Breakfast Burrito (with Bacon)**

Serves 2

**Ingredients**

3 eggs

20ml water

½ tomato, cut into strips

50ml green onions, chopped

125ml cheddar cheese, grated

2 slices of bacon, cooked and crumbled

2 large flour tortillas

60ml salsa

**Method:**

1. Over medium heat, cook bacon in a pan until crisp.
2. Place on a paper towel, crumble and set aside.
3. In a medium bowl, beat eggs and water with a fork.
4. Over medium heat, pour egg mixture and immediately reduce heat to medium low.
5. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds.
6. Cook until eggs are thickened and no visible liquid egg remains, but they are still moist (4-5 minutes).
7. On a cutting board, cut tomatoes into strips and dice green onions.
8. Grade cheese and place in small bowl.
9. Heat tortillas in microwave on a plate for approximately 10 seconds.
10. Spread tomatoes, green onions, bacon and cheese over tortilla. Add scrambled egg and top with salsa. Roll tortilla up into a burrito.