

# GET UP AND GO BEEF BURRITOS

*Total preparation and cooking time: 30 to 35 minutes*

- 1 pound boneless beef top sirloin steak, cut 1 inch thick
- 1/2 teaspoon dried Mexican seasoning
- Salt
- 2 eggs, slightly beaten
- 2 egg whites, slightly beaten
- 2 tablespoons water
- 4 medium spinach or flour tortillas (10-inch diameter), warmed
- 1/2 cup prepared thick-and-chunky salsa
- 1/2 cup shredded reduced fat Cheddar cheese

**Toppings:** Fat free dairy sour cream, additional prepared thick-and-chunky salsa (optional)

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef strips and Mexican seasoning in medium bowl; toss to coat.
2. Spray large nonstick skillet with cooking spray; heat over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef. Season with salt, as desired; keep warm. Wipe out skillet using paper towels, if necessary.
3. Combine whole eggs, egg whites and water in small bowl. Spray same skillet with cooking spray; heat over medium-low heat until hot. Add egg mixture; cook and stir 1 to 2 minutes or until scrambled and just set.
4. Layer 1/4 of beef on each tortilla, leaving 1-1/2-inch border on right and left sides; top with 2 tablespoons salsa, 1/4 of eggs and 2 tablespoons cheese. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up tightly. Serve with toppings, if desired.

*Makes 4 servings.*

**Nutrition information per serving:** 459 calories; 14 g fat (5 g saturated fat; 6 g monounsaturated fat); 158 mg cholesterol; 917 mg sodium; 41 g carbohydrate; 2.2 g fiber; 40 g protein; 10.0 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.7 mcg vitamin B<sub>12</sub>; 4.6 mg iron; 59.8 mcg selenium; 5.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.

**Serving suggestion:** Serve with a breakfast sundae of fresh strawberries, blueberries and/or raspberries topped with reduced fat granola and fat free yogurt.

