

Breakfast Burrito

A breakfast burrito is low glycemic and one of many healthy breakfast ideas to start your day off right. It is best to eat your heaviest meals in the morning and at lunch time so you will burn off your calories during the day. A breakfast burrito combines some protein and low glycemic carbs with lots of good fiber if you can find wholewheat tortillas or better yet sprouted wheat tortillas. You could combine a breakfast burrito with some fresh fruit and green tea or 1 cup of coffee for a yummy way to start your day and have good energy all morning. You will probably not need a midmorning low glycemic snack after this breakfast.

Serves 1

- 1 wholewheat or sprouted wheat tortilla
- 1 egg
- salsa to taste
- 1 teaspoon olive oil
- 1 T. chopped green onions
- salt and pepper to taste

Now there are lots of variations to this. You could add a little diced garlic to the onions, a little grated zucchini or chopped cilantro, tomatoes, diced avocado, or chopped olives. You could sprinkle a little grated cheese on the egg before it is set.

You can warm the tortilla gently in a pan on the stove or on a baking sheet in your oven at low heat. In the meantime, cook your veggies or just the onions in the oil in a frying pan on medium heat stirring constantly. Beat the egg with the salt and pepper and add it to the onions. Add a little salsa and stir with a fork. When the egg is gently cooked add it to the center of the tortilla, spread it out but leave room at the ends and roll it up as best you can. This is a little sloppy, but no matter, it's delicious!.