



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Breakfast Burritos

Ingredients:

- 1/4 pound reduced-fat turkey sausage
- 2 Tablespoons chopped onion
- 2 Tablespoons finely chopped green pepper
- 2 eggs
- 2 Tablespoons 1% milk
- salt and pepper to taste, (optional)
- 6 flour tortillas
- 1/3 cup low-fat cheddar cheese, shredded
- vegetable oil spray

Makes 6 servings - 30% calories from fat

Instructions:

1. Brown sausage, onion and green pepper in skillet prepared with vegetable oil spray; drain off fat.
2. In a small bowl beat eggs, milk, salt and pepper. Cook egg mixture in a separate skillet prepared with vegetable oil spray.
3. Spoon 1/6 of meat mixture onto tortilla and top with 1/6 of scrambled egg mixture.
4. Arrange filled tortillas on baking sheet and sprinkle with shredded cheese.
5. Bake at 350° F for 15 minutes. Serve immediately.

Note:

- If desired top burrito with salsa and sour cream before serving.

Nutrition Facts	
Serving Size 1 Burrito	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 660mg	28%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 10g	
Vitamin A 2%	• Vitamin C 6%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.