



# Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.



## INGREDIENTS

nonstick cooking spray	1 cup egg substitute
1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)	2 (6-inch) flour tortillas
	¼ cup grated lowfat Cheddar cheese

## PREPARATION

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.



**Makes 2 servings.** 1 wrap per serving.  
**Prep time:** 5 minutes **Cook time:** 10 minutes

**Nutrition information per serving:** Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg