

# Healthier Breakfast Burritos

## INGREDIENTS:

- 2 cups cauliflower, cut into small flowers
- 1 onion, diced
- 1 cup black beans, cooked
- 6 whole grain flour tortillas
- 6 ounces smoked tofu (or other tofu)
- 6 large eggs (optional)
- 1 tablespoon water
- 1 tablespoon coconut oil
- 1 1/2 cups coarsely grated Monterey Jack or cheddar cheese
- 1 or 2 avocados, sliced
- About 1/2 cup fresh or bottled salsa
- *Optional hot sauce, light sour cream*

## METHOD:

1. Preheat oven to 350F and set the oven rack in the middle.
2. Cook onions in coconut oil in a deep frying pan, over medium heat, 3 to 5 minutes. Add cauliflower and water, cook over medium-low heat, stirring, until tender about 10 minutes. Add cooked black beans, tofu & heat through. Remove from heat and cover to keep warm.
3. optional step (Whisk together eggs, water, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Add egg mixture to frying pan with other ingredients, and cook, stirring to scramble, until just cooked through. Remove from heat. )
4. Lay out the tortillas on surface. Spoon evenly the cauliflower-tofu combo, the cheese, the avocado, & the salsa, leaving room to fold over bottom and sides. Fold bottom of tortilla over most of filling, then fold over sides, overlapping them.
5. Place seam side down on a baking sheet.
6. Place in the oven in an oiled pan for 15-20 minutes, till heated through.
7. Serve with more salsa & optional sour cream & hot sauce.

### *options*

- *For gluten free, use corn tortillas*
- *For dairy free, use “daiya” non dairy non soy cheese*
- *Recommended tortillas, Ezekiel sprouted grain tortillas or sprouted corn tortillas, found in the freezer section of your local health food store.*