

Spinach-Egg White Omelet Burrito

Ingredients

2 Canteca Fat-Free Flour Tortillas
3 oz water + 1 tsp. chicken Broth
6 Fresh Egg Whites
1 Cup Fresh Spinach Cut small with scissors
1 Long Green Sweet Pepper – diced, without seeds
½ Red Bell Pepper Diced
Fat-free Spray for Pan
3 Tablespoons Egg Whites or Better
‘N Eggs Egg Whites
2 oz. Fat-Free Feta Cheese
Garlic Hickory spice or Celery Salt, or Pappy’s spices to taste.

Recipe is entirely fat free.

Ingredient	Calories
Flour Tortillas	220
3 T. Egg-Whites	75
Fresh Egg Whites	90
Vegetables	59
Feta Cheese	70
Total:	514
Each Serving:	257

Directions

1. Put water and chicken broth in a small sauté pan and add diced long green chili and bell pepper.
2. Cook for 5 minutes or until veggies are soft.
3. Drain liquid from sauté pan and spray pan & veggies with a minimal amount fat-free cooking spray (to keep egg whites from sticking).
4. In a larger sauté pan, place the 2 flour tortillas, cover and turn heat up to medium low. Flip these over every few minutes while preparing the rest of the recipe.
5. Add fresh and containerized egg whites to pan. Cover and cook at medium-low for 7 minutes.
6. Add the fat-free Feta cheese, and replace cover.
7. Serve egg white omelet on tortilla.
8. Rollup, cut in half, and dive in.

Yield: 2 servings

