



## Egg Scrambled Burritos ( OP W )

Serving: 1

Non Veg

### *Ingredients*

- -egg whites - 3
- -salt to taste
- -chopped green bell pepper -  $\frac{1}{2}$  small
- -chopped tomato -1 medium size
- -ground black pepper - a pinch
- -Ground cumin - a pinch
- -Whole wheat wrap /multi grain wrap /oil -  $\frac{1}{2}$  tsp

### *Preparation Method*

- -Heat oil in a non stick pan
- -Add Cumin, salt ,green pepper Cook for 2 to 3 mins till the pepper are crisp tender
- -reduce the heat from medium to low add egg whites
- -When egg whites start to set lift edge of cooked egg whites letting uncooked egg whites Flow to the bottom of skillet
- -cook until egg whites are still moist
- -add tomato to the egg whites
- -Serve egg white mixture rolled inside wrap