



BREAKFAST ROLL-UP

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tortilla (8-10 Inches)	1	Reduced-fat Shredded Cheddar or Swiss Cheese	2 Tbsps.
Large Eggs	2	Salsa	1 Tbsp.
Egg Whites	¼ Cup	Garlic Powder	¼ Tsp.
Lean Ham, Diced	2 Oz.	Salt and Black Pepper, to taste	
Baby Spinach	½ Cup		
SERVING SIZE	1		

PREPARATION

- Heat a nonstick skillet over medium heat.
- Add diced ham and cook for 1-2 minutes until warmed through.
- Add spinach and cook until lightly wilted.
- In a small bowl, whisk together eggs, egg whites, garlic powder, salt, and pepper.
- Pour the egg mixture into the skillet with the ham and spinach.
- Cook, stirring gently, until the eggs are fully set.
- Warm the tortilla briefly in a dry skillet or microwave to make it easier to roll.
- Place the egg mixture in the center of the tortilla.
- Sprinkle with cheese and add salsa if desired.
- Fold in the sides of the tortilla and roll tightly.
- Serve immediately or wrap and refrigerate for meal prep.