

# SOUTHWESTERN BREAKFAST TORTILLA WRAP

November 4, 2009

Serves 6; 1 tortilla and ½ cup filling per serving

4 ounces low-fat turkey breakfast sausage links, casings removed  
6 6-inch low-fat whole-wheat tortillas  
Vegetable oil spray  
2 cups frozen whole-kernal corn  
Egg substitute equivalent to 4 eggs, or 4 large eggs  
¼ teaspoon chili powder  
¼ cup salsa  
¼ cup shredded fat-free or reduced-fat Cheddar cheese

1. Preheat the oven to 300°F.
2. Heat a medium nonstick skillet over medium-high heat. Cook the sausage for 6 to 8 minutes, or until cooked through, stirring to break up the meat. Pour into a colander and rinse under hot water to remove excess fat. Drain well. Set aside. Wipe the skillet with paper towels.
3. Wrap the tortillas in aluminum foil. Warm in the oven for 10 minutes.
4. Meanwhile, lightly spray the skillet with vegetable oil spray (being careful not to spray near a gas flame). Reduce the heat to medium and cook the corn for 4 to 5 minutes, or until warmed through, stirring occasionally.
5. Stir in the egg substitute and chili powder. Cook for 3 to 4 minutes, or until cooked through, stirring occasionally. Stir in the cooked sausage.
6. To assemble, spoon ½ cup egg mixture down the middle of each tortilla. Top each with 1 tablespoon salsa and 1 tablespoon cheese. Fold the bottom, then the sides, then the top of each tortilla toward the center.

## Nutrition Facts per serving

**Exchanges:** 1 ½ Starch, 1 Lean Meat

**Calories** 170, **Calories from Fat** 29, **Total Fat** 3 g, **Saturated Fat** 0.5 g, **Polyunsaturated Fat** 1.5 g, **Monounsaturated Fat** 0.6 g, **Cholesterol** 11 mg, **Sodium** 349 mg, **Total Carbohydrate** 26 g, **Dietary Fiber** 3 g, **Sugars** 2 g, **Protein** 12 g



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## CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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Providing guidance and support to make the "healthy choice the easy choice!"