

## Spinach and Sausage Breakfast Burrito

*Start-to-finish: 25 minutes*

*Hands-on time: 25 minutes*

*Makes 8 burritos*

### Ingredients

- 1/2 red onion
- 1 red pepper
- 1 small tomato
- 8 large eggs
- 1/4 teaspoon salt plus more for sprinkling
- Freshly ground black pepper
- 1 tablespoon vegetable oil
- 8-oz breakfast sausage or other sausage of choice, crumbled
- 5-oz bagged baby spinach
- Eight 12-inch flour tortillas, warmed
- 4-oz shredded Monterrey Jack cheese
- Hot sauce, salsa, sour cream and diced avocado as accompaniments

### Method

1. On a large cutting board, dice the onion, red pepper and tomato into a pile. Beat the eggs in a medium bowl with 1/4 teaspoon salt and a few grinds of pepper.
2. Heat a 12-inch skillet over medium-high heat. Add the oil and when it shimmers, add the onion, pepper and tomato, a sprinkle of salt and a few grinds of pepper. Sauté until the vegetables begin to soften, about 2 minutes. Crumble the sausage into the pan, stirring and cook until it browns, about 3 minutes.
3. Stir in the spinach a handful at a time, adding more spinach as it wilts. Stir in the eggs and cook, scraping the bottom of the pan with a spatula until the eggs are set, about 2 minutes.
4. Lay out the wraps on a work surface and divide the filling down the center. Be careful not to make it too full or it will be difficult to roll up. Sprinkle with cheese and drizzle with hot sauce, salsa or sour cream if you like. Fold the sides over the filling and roll up from the bottom to enclose the burrito filling. Cut in half and eat while it's hot.
5. *Make-ahead:* You can make these up (omitting the sour cream) and freeze them for another day. Just wrap tightly in plastic wrap then transfer to a zip-lock freezer bag and freeze for up to 3 months. To reheat, microwave for 1 minute, turn and heat another minute or until warm. Or you can make the filling and refrigerate it for up to 3 days. Just fill burritos as you need them and warm in the microwave.