

Cowboy Breakfast Wraps—1 serving (320 calories)

Did you know? You should eat 20% of your daily calories for breakfast.

1 teaspoon olive oil
1 cup washed baby spinach
Pinch of salt
1 large egg, beaten
A pinch of shredded cheddar cheese
1 8-inch flour tortilla
¼ cup mild salsa

Heat oil in large nonstick skillet over medium-high heat. Add spinach and cook, stirring occasionally, until the spinach wilts, 3 to 5 minutes. Season with salt.

Add egg and cheese and cook, stirring frequently, until the egg is cooked.

Heat the tortilla shell in the microwave until warmed through.

Assemble wrap by placing the egg mixture down the center of the tortilla. Top with salsa and wrap burrito-style.