**Mini Breakfast Burritos**



(3 servings)

**Ingredients:**  
- 250mL (1 cup) canned cooked navy beans, rinsed and drained  
- 1 egg  
- 30mL (2 tablespoon) tomato (cut into small pieces) or salsa  
- half of small red or green bell pepper (cut into small pieces)  
- 2 green onions (cut into thin pieces)  
- 15mL (1 tablespoon) chopped fresh coriander (if you like)  
- very little (dash) hot pepper sauce  
- 3 small, whole-grain tortillas (about 18 cm or 7 inches)  
  
**Directions:**  
1. In a bowl, mash beans until smooth.   
2.Mix egg, salsa, and mashed beans together.  Microwave on high for 1 minute.  
3. Mix in the pepper, onions, coriander and hot pepper sauce. Microwave on high for 1 minute or until it is hot.   
4. Put all ingredients on the tortilla and roll it up.