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## BLT B-fast Burrito

PER SERVING: (entire recipe, 1 burrito): 243 calories, 5g fat, 968mg sodium, 26g carbs, 7g fiber, 4.5g sugars, 23.5g protein -- Spinach plays the part of lettuce in this BLT breakfast. Get ready for a super-tasty morning burrito that's ready in mere minutes.

### Ingredients:

1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)

Dash each onion powder, garlic powder, and black pepper

1 wedge The Laughing Cow Light Creamy Swiss cheese

1/4 cup diced tomato, patted dry

1 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)

1 medium-large high-fiber flour tortilla with 110 calories or less (like the kinds by La Tortilla Factory)

1/2 cup spinach leaves

1 tbsp. chopped scallions

### Directions:

Spray a large microwave-safe mug lightly with nonstick spray. Add egg substitute, spices, and cheese wedge, breaking the wedge into pieces as you add it. Microwave for 1 minute. Add tomato and bacon to the mug, and gently stir. Microwave for 1 minute, or until scramble is just cooked. Set aside.

Lay tortilla flat on a microwave-safe plate, and warm in the microwave for about 10 seconds. Lay spinach leaves horizontally across the center of the tortilla, and evenly top with the scramble. Sprinkle with scallions.

Wrap tortilla up by first folding one side in (to keep filling from escaping), and then rolling it up from the bottom. Bite right into the open side!