



VEGETARIAN BREAKFAST GRAINS SALAD BURRITO



SERVES: 4 GUESTS



PREP TIME: 10 MINS



COOK TIME: 15 MINS

INGREDIENTS:

4 MISSION® GLUTEN FREE TORTILLAS
2 TBSP. OLIVE OIL
2 CUPS QUINOA, COOKED
2 CUPS BUCKWHEAT, COOKED
2 CUPS KALE, CHOPPED
½ CUP EGG WHITES, SCRAMBLED, COOKED
½ CUP BLUEBERRIES
¼ CUP FETA CHEESE, CRUMBLED
TO TASTE SALT AND PEPPER

INSTRUCTIONS:

1) TO PREPARE: In a large sauté pan over medium heat, warm oil. Add quinoa, buckwheat, and kale, tossing gently. Continue to cook until the kale is slightly wilted and the grains are warm. Add egg whites, blueberries and feta, and continue cooking for 2-3 minutes. Remove from heat for assembly.

2) TO ASSEMBLE: Warm the tortillas by heating in a sauté pan over medium-low heat, or place into a storage bag with a damp paper towel and microwave for 20-30 seconds. In each tortilla scoop approximately 1 ¼ cups mixture in the across the middle of the tortilla. Roll like a burrito, leaving one end open. Repeat for remaining tortillas. Serve.