

BREAKFAST BURRITO WITH PAN FRIED BC POTATOES & FRESH FRUIT



INGREDIENTS

Burritos

Whole Wheat Tortillas, small	12 (sized 15 to 20 cm or 6 to 8 inch)
Bacon, slices & diced	6
Olive Oil	15 ml
Bell Peppers, diced	3
Fresh Tomatoes, diced	3
Green Onions, finely sliced	4
Kosher Salt	5 ml
Pepper	To Taste
Jalapeño Peppers, seeded & diced	2 (optional)
Large Eggs	18
Aged cheddar or Swiss cheese, grated	180 ml
Salsa	12 - 25 ml portions

DIRECTIONS

1. Cook bacon in a sauté pan until crisp. Drain on paper towel.
2. Sauté olive oil, bell peppers, tomatoes, green onions and season with salt and pepper.
3. Crack eggs into a bowl and mix.
4. Cook eggs over medium heat until eggs are cooked but still moist.
5. Warm tortillas on flat top grill until heated through.
6. Begin to assemble the dish by placing equal portions of egg on each tortilla.

7. Top the egg with approximately 15 mL of cheese and equal portions of each of the cooked bacon and vegetable mixture.
8. Roll tightly and return to the flat top grill, seam side down. Grill until golden brown. This will help keep it sealed.
9. Turn the burrito over to brown the other side.
10. Serve with portions of Salsa.

INGREDIENTS

Pan Fried Yukon Gold Potatoes

Olive Oil	30 ml
Yukon Gold Potatoes, 1 cm diced	12
Fresh Chives, finely sliced	to taste
Kosher Salt & Pepper	to taste

Fresh Fruit Skewers

Bamboo Skewers	12
BC Fruit, assorted large dice	

DIRECTIONS

Pan Fried Yukon Gold Potatoes

1. Heat Olive Oil in a large sauté pan.
2. Add potatoes and cook until browned and tender.
3. Season with chives, salt and pepper and serve.

Fresh Fruit Skewer

1. Skewer one piece of each kind of the diced fruit onto bamboo skewer.