



# LOADED VEGGIE BREAKFAST WRAPS

Recipe by [WholeAndHeavenlyOven.com](http://WholeAndHeavenlyOven.com)






## MEAL INFO

- Makes 8 wraps
- Total time | 20 min

## INGREDIENTS

- 1 tablespoon vegetable oil 
- 10 large eggs 
- 2 large sliced red bell peppers 
- 2 large diced tomatoes 
- 1/2 sliced cup green onion 
- 1/2 teaspoon garlic powder 
- 1/2 teaspoon salt 
- 1/2 teaspoon pepper 
- 8 whole wheat tortillas 
- 1/2 cup shredded cheddar cheese 

## KITCHEN SUPPLIES

- Sharp knife 
- Cutting board 
- Medium size saucepan with lid 
- Whisk or fork 
- Spoon for stirring 

## INGREDIENT PREP

- 1 Rinse and dry the red bell peppers, tomatoes, and green onion.
- 2 Cut the red bell peppers into slices that are about as wide as a pencil.
- 3 Cut the tomatoes from stem to end into pencil-width pieces. Cut the pieces of tomato into strips. Then cut across the strips to make small square shaped pieces.
- 4 Cut off 1 inch (about the size of a quarter) from the bottom and the top of the green onions. Cut from the white end to the green end making pencil-width rings.

## DIRECTIONS

- 1 Put vegetable oil in medium sized saucepan. The bottom of the saucepan should be covered in oil.
- 2 Crack eggs into saucepan. Using a fork or whisk, beat the eggs together. Eggs will turn into yellow color.
- 3 Crack the eggs into the oiled saucepan. Stir over a medium heat until eggs look fluffy and are no longer watery.
- 4 Turn the stove off. Stir in the bell peppers, tomatoes, green onion, garlic powder, and salt and pepper. Cover the saucepan with its lid for 10 min
- 5 Lay out the 8 whole wheat tortillas. Evenly divide the egg mix on to each tortilla. Add shredded cheddar cheese to each tortilla. Roll them up and serve